

RED BOOK

A full-page photograph of Shania Twain is the background for the magazine cover. She is smiling, wearing a bright red halter-neck top, olive green cargo pants, large colorful earrings, and a gold cuff bracelet. Her hands are on her hips.

28 LAZY
WAYS TO A
HEALTHY
BODY

**Your
sex life
bucket
list!**

What every
couple
should try

**2-MINUTE
HAIR
TRICKS** p.63

**Swimsuits
that slim
you instantly**

Flatter your top,
your bottom & that
pesky middle part

Shania

On the shock
of betrayal
& her sweet
new love

**America's
Hottest
Husbands!**

They build decks!
They brew coffee!
They look great
shirtless!

**NO MORE
MONEY
FIGHTS**

How to take
the stress out
of paying bills

**The male
infertility
mystery**

Must-read health
report, p.192

exclusively at
jcpenny

MADE FOR OFF-ROAD

MADE



FOR

AMERICAN LIVING

Men / Women / Kids / Home

AMERICANLIVING.COM





Crowd pleaser.

My favorite fans always want to do what I'm doing. So when it comes to getting essential nutrients, I set the example by pouring one more serving of milk a day. One more for me. One more for them. There, everybody's happy.

got milk?[®]

whymilk.com/angieharmon

CONTENTS

JUNE 2011



180 Good, clean fun for you and your guy.

ON THE COVER

LAZY WAYS TO A HEALTHY BODY	85, 92, 96, 216
SEX LIFE BUCKET LIST	180
2 MINUTE HAIR TRICKS	63
SLIMMING SWIMSUITS	43
SHANIA TWAIN	174
HOTTEST HUSBANDS	110
NO MORE MONEY FIGHTS	151
MALE INFERTILITY	192

WHAT TO WEAR

43 FIND YOUR PERFECT SWIMSUIT Banish fitting-room trauma with our best-for-your-bod bathing-suit guide.

56 DRESS CODE Jillian Dempsey's low-key outfit is as McDreamy as it gets.

58 START HERE One pretty, summery cardigan, five supercute looks.

60 WHAT WOULD GWEN STEFANI DO? Rock-star style with a ladylike twist—and a kid on her hip to boot!

68 PRETTY SMART Gussy up with these beauty goodies.

72 HOT TIPS FOR SUMMER NIGHTS The top hair and makeup secrets for sexy evenings.

82 Q & TRIPLE A Bright ideas for ditching dark circles.

85 HEALTHY YOU/GUY/KIDS Real radiation risks, signs he's losing his hearing, and the truth about choosing your baby's sex.

92 LAZY WOMAN'S FITNESS Hit snooze and still have time to flatten your belly—in bed!

94 INTIMATE ANSWERS Hilda Hutcherson, M.D., on vaginal dryness and when it's time to ditch the Pill.

96 6 LITTLE WAYS TO SAVE YOUR SKIN No-brainer strategies to stop sun damage before it's too late.

BEAUTY & HEALTH

63 5 TRICKS FOR... Air-dried hair so gorgeous you'll forget where you tossed your flat iron.

66 BEAUTY CALL Get all retro-glam like January Jones.



81

IT'S OUR HOT HUSBANDS ISSUE!

Father's Day gifts under \$50 **32**

Hottest Husbands contest **110**

Male friendships, explained **125**

Man cave **196**

Guy food **203**



Give yourself a SALON PERFECT MANICURE in 3 easy steps!



1 Prep & Treat

Peeling, dry nails that break? **Miracle Cure** gives you 50% stronger nails in 3 days¹

Thin, fragile nails? Try **Miracle Nail Thickener**. Up to 70% thicker nails in 4 days²

Hard-to-grow nails? **Nailgrowth Miracle** gives you 30% longer nails in 5 days³



Salon Secret:

A chip proof manicure starts by using the appropriate Sally Hansen professional nail board!



2 Color

Choose ANY must-have nail color. Apply 2 thin coats, it will dry faster. Start in the center of the nail from cuticle to nail tip, then fill in the right and left sides.



3 Protect & Maintain

Seal nail color & boost shine! With **Nail Shine Miracle** shine looks miraculously "just-applied" up to 10 days.

Nailgrowth Miracle Serum enhances nail growth & instantly smooths cuticles. Can be used daily over nail color or natural nails.



Sally Hansen®

1) Laboratory data on file. 2) Measured layers of nail protection. 3) Nail tip measurement.

Sally Hansen®

NEW!

Expect
A Miracle

**nailgrowth
Miracle®**
NAIL COLOR

Sally knows miracles do happen thanks to a scientific breakthrough utilizing Advanced Peptide Technology. **Nails grow 30% longer in just 5 days.*** This exclusive nail color Peptide formula with Keratin, Biotin and Multi-Vitamins, reinforces nails to resist splitting, cracking and breaking.

Lasts up to 10 days** ✓

24 must-have shades ✓

For greater results use with ✓
Nailgrowth Miracle Serum

Beauty that Works



*Based on a fixed point nail measurement in 5 days.
**Based on consumer study of gloss and color intensity
DBP, Toluene and Formaldehyde Free

Sally Knows Nails
For more go to sallyhansen.com

CONTENTS

JUNE 2011

MEN, LOVE & FAMILY

103 TELL THE TRUTH: What's your secret code for "Let's get out of here"?

104 LOVE BUZZ A surprising new study shows what really turns men on. Plus, when it's better *not* to accept his apology.

106 VOWS 2.0 From this day forward, I will...

110 AMERICA'S HOTTEST HUSBANDS It's our annual contest! And all we have to say is, *Wow*, you ladies have some hunky hubbies.

122 MANIFESTO Country star Brad Paisley on his cowboy ways, his marriage, and who makes the bed.

125 WHYS GUY Aaron Traister explains the mysteries of male friendships.

128 IT'S COMPLICATED Lame exes, flaky in-laws—Karen Karbo tackles it all.

130 STUFF MY KIDS TAUGHT ME One man's promise to be a different kind of father.

134 MOMCENTRIC The emergency plan your family needs—just in case.

136 WHY DON'T I LIKE MY OWN CHILD? A mom's painful confession about her struggle to connect with her young daughter.

142 MY BIGGEST FAN Jamie Oliver, interviewed by his girls Poppy, 9, and Daisy, 8.

MAKE IT WORK

145 IT'S 9 A.M. Time to power up your day!

146 SMART ABOUT MONEY Should you *really* be shopping with your smartphone?

148 ONE CRAZY, HAPPY LIFE *Community*'s Ken Jeong keeps it clean at home.



174 Shania's got a new book, a new TV show, and a new love in her life. No wonder she's glowing!

151 NEW MONEY RULES FOR COUPLES Better finances, fewer fights.

159 SEMI-ORGANIZED A kitchen counter so clutter-free, you'll think you've died and gone to heaven.

160 BE PART OF THE SOLUTION Easy, impactful ways to help Japan's tsunami victims.

162 MY VACATION NIGHTMARE Save yourself from these trips gone wrong, described by the families who survived them!

169 NOW... RELAX We've got the sound track for a perfect summer day.



43 Have-no-fear beach gear.

FROM TOP: RUVEN AFANADOR, DON PENNYSTUDIO D (5).



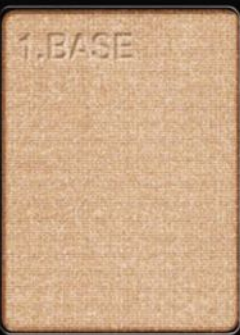
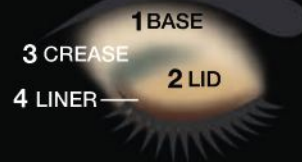
FOR
**MODERN
METALLIC
EYES**

JUST SWEEP
THE BRUSH **x4**



EXPERTWEAR® EYESHADOW

EASY TO USE. LOTS TO CHOOSE. 51 SHADES.
The freshest custom color combinations
and step-by-step guide make getting
the eye look you want
easier than ever.



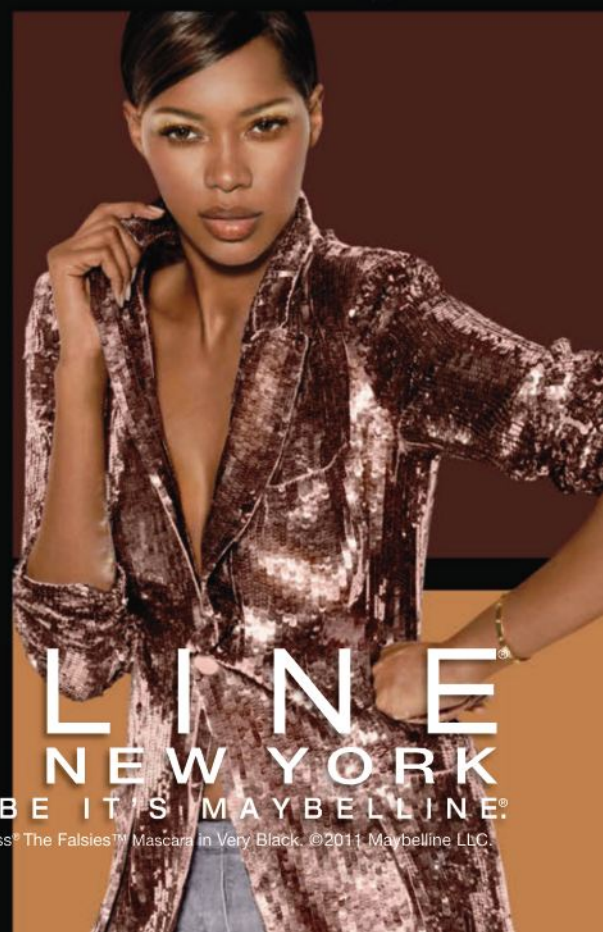
maybelline.com

MAYBELLINE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

Jessica is wearing ExpertWear® Modern Metallics Eyeshadow Quad in Enchanted Forest and Volum' Express® The Falsies™ Mascara in Very Black. ©2011 Maybelline LLC.

WorldMags



CONTENTS

JUNE 2011



184 Sittin' on the dock of the bay... looking fabulous.

FEATURES

174 HOW SHANIA GOT HER GROOVE BACK A no-holds-barred conversation with Shania Twain.

180 8 NEW THINGS TO TRY WITH YOUR GUY Real couples take on racy challenges and report back.

184 THE HITS OF SUMMER Actress Elsa Pataky in chic-but-easy clothes.

192 THE NEW BOYS' HEALTH SCARE Are household chemicals harming our boys and men? A must-read report.

196 DREAM ROOM A media room/man cave you'll both love.

GOOD TO EAT

203 DUDE FOOD YOU LOVE TOO Steak, hot dogs, and burgers that're so good—and won't stop your heart.

212 LOOK, COOK, EAT! Two chicken dinners you can throw together in 15 minutes or less.

214 RESTAURANT REDO World's yummiest salad, made healthier.

216 100% GOOD FOR YOU Painless ways to slash calories, guilt-free ice cream, and snacks we can't stop eating.

220 WHAT WE KNOW ABOUT FOOD Jamie and Bobby Deen share lessons learned from Mama Paula!

IN EVERY ISSUE

11 EDITOR'S NOTEBOOK 4 secrets from our June issue.

14 REDBOOK ONLINE

20 REPLY ALL

23 SPILL, VENT, GOSSIP, GO! What never to say to the man you love.

31 50 UNDER \$50 Hot finds at cool prices, including the exact right Father's Day present for your guy.

41 FREEBIES! A luxe vacay and more.

222 SHOP THE ISSUE

224 EASY WAY OUT Me time or we time? We can help you choose.



Shania Twain photographed exclusively for REDBOOK by Ruven Afanador. Hair: Frankie Foye at Photo Op Management for Hair Rules. Makeup: Susan McCarthy for Christian Dior at raybrownpro.com. Stylist: Freddie Leiba for Bryan Bantry. Halter: Diane von Furstenberg. Cargo pants: Calvin Klein. Gold and coral earrings: Jose & Maria Barrera. Gold cuff: Stephen Dweck. Production: zincproduction.com. Get Shania's cover look with SuperMagnify Mascara in Black, Professional Eye Smokifier in Very Black, Be Blushed in Mandarin Glow, and Ultra Color Lipstick in Nude Perfection by Avon, and Luxurious Volume Thickening Mousse by John Frieda.

JIM WRIGHT

Sleep sanctuary

Made by Julia

Designed by IKEA®

The correct mattress for Julia's curves came to her like a dream. It only took one night to trust that her new IKEA spring mattress cradled her completely. Julia still has hectic days but now when she hits the hay, the whole house seems to hibernate happily.

Find your perfect night's sleep at IKEA-USA.com/mattress

new

SULTAN HANSBO queen memory
foam pillowtop spring mattress

\$399

LOVE IT OR EXCHANGE IT. SERIOUSLY. Sleep on your new mattress for 90 days. If you don't love it, bring it back and exchange it for one you do.

new SULTAN HANSBO queen memory foam pillowtop spring mattress \$399 Foam comfort layer with memory foam cushioning. Individually wrapped Active-Response coils. 11" thick. Prices may vary at IKEA Houston. See IKEA store for country of origin information. See IKEA stores or IKEA-USA.com for details. Valid in US IKEA stores.



The Life Improvement Store™



ZERO CALORIE SWEETENER



Secrets of our Hot Husbands issue

Is it wrong to openly ogle another woman's husband, to wonder exactly how it would feel to be his wife, to gobble up the details of his personal life and compare him to other married men in a guiltless festival of objectification? I say no! Not if you're casting a vote in REDBOOK's annual Hottest Husband contest, anyway. Because when all is said and done, the contest, and this entire Hot Husbands issue, is a celebration of marriage and commitment. The women who enter their husbands want to win the all-frills-included vacation, sure, but they also relish the chance to talk about how much they adore their partners. Yes, even after years of marriage—not all of them easy. They're in love after nine kids, multiple military deployments, a child's health crisis, and a risky career change, to name just a few realities this year's top finishers have faced. How can it be that the same experiences that give us all wrinkles, gray hair, and love handles somehow also make us hotter to our partners? It's a marital miracle.

I've known my husband since we were both 6 years old (don't worry, I didn't think of him as hot then—that would be gross!). We started dating our sophomore year in college, but it took us eight years to feel ready for marriage. What finally got us over the commitment hump? I wrecked my knee in a skiing accident and had major reconstructive surgery. Robert took care of me when I was at my messiest and terrified that I would never feel young and strong again. Seven months later, we got engaged. The hot part I'd been feeling for a long time, but my recuperation helped me see the husband in him. It's all about what you go through together, which is why I say go ahead, flip to page 110 and crush on thy neighbor's husband. It will remind you of why you love *your* guy most of all.

Jill
Jill Herzig, Editor-in-Chief
Redbooked@hearst.com



SECRET #1

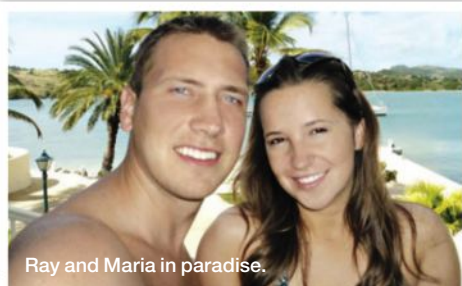
You gotta know the Hot Husband rules

Readers go online to choose the Hottest Husband contest winner every year, but first, REDBOOK staffers narrow the field to 25 finalists. How do we choose? Associate editor Nicole Yorio does it:

- 1 **Read the story first, then check out the picture.** A guy looks very different after you hear that he worked an extra job so his wife could afford graduate school.
- 2 **Look at the guy—not the cute baby.** Men who pose with kids in their submission photos look so much hotter. At the very least, cover the baby's face with your hand and ask, "Is he still hot?"
- 3 **Same goes for pets.** We had guys cuddling kittens, puppies, bunnies.... Must... resist...
- 4 **Same goes for abs.** But in a moment of weakness, we put together a video that includes this year's most outstanding shirtless submissions. Sneak a peek at redbookmag.com/shirtlesshothusbands.



Nicole Yorio, hubby judge.



Ray and Maria in paradise.

SECRET #2

HE'S A HOT FATHER TO BE! ➔

Ray Sorensen, REDBOOK's Hottest Husband winner of 2010, and his wife, Maria, took their free trip to Antigua in January—and came back with a bonus. "We got pregnant!" Maria says. "We didn't go on a honeymoon, so we treated this as a late one. We couldn't keep our hands off each other—it's really not a surprise that we returned plus one." Maria's due in October. Congrats!



SECRET #3

Women make all our swimsuit decisions



Our fashion team is all female, and therefore every swimsuit included in our special section on page 43 had to meet female criteria (translation: "It cannot make us look fat"). But in the midst of our edit, we asked the lone man in the room, photo director Bruce Perez, for his favorite. "That one," he said instantly. So here's the flattering and man-pleasing winner.

The man fave



H&M, top, \$14.95, bottom, \$12.95; hm.com for stores.

You can dress this casual/sexy for way less!



1

2

3

4

Coral, so hot for summer



- 1 Amrita Singh, \$40; amritasingh.com.
- 2 Aéropostale, \$44.50; aeropostale.com.
- 3 Boden, \$68; bodenusa.com.
- 4 Shock, \$18; shockboutique.com.



BECAUSE WE LOVE OUR READERS... GET

\$1 OFF OUR JULY ISSUE

RETAILER: We will reimburse you the face value of this coupon plus 8¢ handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Original coupon must be relinquished at time of purchase. Single use coupon. (ANY OTHER USE CONSTITUTES FRAUD.) Mail to Hearst Communications, CMS Dept. 75470, 1 Fawcett Dr., Del Rio, TX 78840. Cash value .001¢. Valid at participating U.S. retailers only. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED. Expiration date: July 31, 2011



SECRET #4

THE WOMEN OF *THE TALK* LOVE A HOT HUSBAND

We're thrilled to be partnering with *The Talk* for our 2012 Hottest Husband contest (our 2011 winner, Kyle Dubey, will appear on the show on May 20). So what do the hosts look for in a hot husband?

"If he's good with his kids. Even an average-looking guy is so hot when you see him in that fatherhood role."
—Leah Remini

"Talent, kindness, and confidence are the three things that make the perfect hot-husband combination."
—Sara Gilbert

"A hot husband is gentle, a great hugger and kisser, great in bed, and has a wicked sense of humor. And he smells good!"
—Sharon Osbourne

"When he thinks ahead. My man puts a bottle of water by my bed every single night. It's not the sexiest thing, but after 15 years, that water bottle trumps lust."
—Holly Robinson Peete

"The hottest husband is a combo of old-fashioned and modern. He'll open doors for you or guide you through a crowded room, but always consider you a partner and an equal."
—Julie Chen



Sharon likes Ozzy's "naughty" side.

12 REDBOOKMAG.COM

“if you want to pick up some color at the beach... I say go
braziliant.”

Essie

new
summer
2011 shades



too too hot



super bossa nova



meet me at sunset



smooth sailing



absolutely shore

DBP, Toluene and
Formaldehyde free



braziliant

America's nail salon expert.
Since 1981. essie.com

redbookmag.com

JUNE'S CLICK LIST

A plea from your man: Hey! Hey! Check me out!

redbookmag.com
/guysconfess

Our Whys Guy, Aaron Traister, reveals what men are secretly dying for you to appreciate about them. Plus, the sweet, sexy thing he *always* notices about you.



tweet!
tweet!



Going away this summer? We want to hear about it! Share your vacation spot with us and other readers at twitter.com/redbookmag or facebook.com/redbook.



• Your beach-body workout plan

redbookmag.com
/beachbody

We know: You don't need another reminder that it's swimsuit season. But how should we put this? It's swimsuit season! Let us kick start your workout so you feel and look great by the time you face Lycra.

• 12 thank-God-it's-summer drink recipes

redbookmag.com
/cold drinks

Treat yourself to one of our amazing cocktails, including hands down the best piña colada that'll ever come out of your blender.



WIN FREE PET STUFF!

Lucky dog: We're giving away \$25 gift cards to Petco and PetSmart, along with Hill's Science Diet Weight Loss food and treats every day this month! (Because Fido's not spoiled enough already.) Enter for a chance to win at redbookmag.com/freebies.



REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Phillip Jusay, 39, Charlotte, NC

Job: Accountant and financial analyst

Family: Married 11 years



Phillip's wife, Kimberly, wasn't the first one to notice his good looks: "My sister was in his high school class, and she thought he was so handsome," Kimberly laughs. "To be fair, he was voted best-looking in the yearbook." But after college, it was Kimberly who reconnected with Phillip while out with friends. "He said, 'Do you want to go to the pool tomorrow?' and that was that," she recalls. That night, Kimberly wrote in her diary that she had met the man she would marry. Her prediction came true when Phillip proposed to her three years later and they decided to fly to Maui for a romantic ceremony, just the two of them. "I love that it was just between him and me," she says. And even though they've been married for over a decade, Phillip hasn't lost his sweet touch. "If I'm having a rough day, he'll run a bath for me," says Kimberly. "Or, if we're just watching movies at home, he'll kick up the romance by lighting candles. He really thinks about making our time together meaningful. I love that about him." Sigh. So do we.



There's more where he came from! Check out the man you voted the Hottest Husband in America on page 110. Think your guy's even better? Enter him in our 2012 Hottest Husband contest at redbookmag.com/hothusbands2012.

CLOCKWISE FROM TOP: ASHLEY GILL/GETTY IMAGES, SCOTT MARKWITZ/GETTY IMAGES, PAUL POPPUS/GETTY IMAGES, DEMPSTER DOGS/ALAMY (DOG), ISTOCKPHOTO.COM (TREADMILL), COURTESY OF SUBJECT.

CAN YOU TELL THE DIFFERENCE?

top stylists can't.*



In a salon test, we sprayed one side of each model's hair with New Suave Professionals® Dry Shampoo and the other with René Furterer® Nautria Dry Shampoo. Even top stylists couldn't tell the difference.* **Take the challenge at canyoutell.com**

The New Suave Professionals® Line
Reformulated to work as well as top salon brands.





**This month's
STAFF CHALLENGE:**
To shock the men in our
lives by trying something
new! Get ideas of your
own on page 180.

REDBOOK

Editor-in-Chief Jill Herzig

CREATIVE DIRECTOR Holland Utley **EXECUTIVE EDITOR** Meredith Rollins

MANAGING EDITOR Kim Cheney

DEPUTY EDITORS Sunny Sea Gold, Jennifer Tung

SPECIAL PROJECTS DIRECTOR Lori Berger

BEAUTY DIRECTOR Victoria Kirby

FASHION DIRECTOR Audrey Slater

HEALTH DIRECTOR Erin Hobday

FOOD EDITOR Barbara Chernetz

ASSISTANT MANAGING EDITOR Megan Collins

SENIOR EDITORS Tiffany Blackstone,
Holly Hays, Caitlin Moscatello

BEAUTY EDITOR Krista Bennett DeMaio

FASHION EDITOR Cristina Desposito

ARTICLES EDITOR Jihan Thompson

ASSOCIATE EDITOR Nicole Yorio

ASSISTANT EDITOR Brittany Burke

FASHION ASSISTANT Julia Malacoff

Art

ART DIRECTOR Katharine Van Itallie

DIGITAL IMAGING SPECIALIST Ralph Ruggiero

DEPUTY ART DIRECTOR Ridge Carpenter

ASSOCIATE ART DIRECTOR Jarred Ford

Photography

PHOTO DIRECTOR Bruce Perez

PHOTO EDITOR Rebecca Kimmons

PHOTO RESEARCHER Mallory Craig

ASSISTANT PHOTO EDITOR Dori Klotzman

Research & Copy

SENIOR RESEARCH EDITOR Lauren Oster

COPY EDITOR Laurel Leicht

Online

SENIOR WEB EDITOR Valerie Denny

WEB EDITOR Briana Mowrey

SOCIAL PROGRAMMING EDITOR Marissa Gold

CONTRIBUTING EDITORS

Alice Bradley, Alexis Givens (home),
Hilda Hutcherson, M.D., Karen Karbo,
Beth Kobliner, Lisa Lillien, Aaron Traister

Published by Hearst Communications, Inc., a unit of the Hearst Corporation

VICE CHAIRMAN AND CHIEF EXECUTIVE OFFICER Frank A. Bennack Jr.

CHAIRMAN George R. Hearst Jr.

CHIEF OPERATING OFFICER Steven R. Swartz

Hearst Magazines Division

PRESIDENT David Carey

PRESIDENT, MARKETING AND PUBLISHING DIRECTOR Michael Clinton

EXECUTIVE VICE PRESIDENT AND GENERAL MANAGER John P. Loughlin

EDITORIAL DIRECTOR Ellen Levine

PUBLISHING CONSULTANTS Gilbert C. Maurer, Mark F. Miller



"Being sure to sneak in a good morning and good night kiss was a great way to take a minute to focus on my husband and feel happy about us, regardless of how crazy the rest of the day was." —KIM



"My husband and I said new vows to each other. I promised to always support his new endeavors, and he promised to surprise me every day, which he then acted on by tickling me. It made me instantly happy." —JENNIE



"I was on a business trip, so instead of our usual phone calls about our kids or dogs or leaky roof, I texted my hubby telling him how much I missed him, loved him, and couldn't wait to see him. He was so excited that he waited up for me the night I got home from the airport and after 20 plus years of marriage, that's a big deal!" —LORI



"I might have gone overboard when I left a love note in my husband's salad one night, but I loved watching him burst out laughing when he saw it. I'm already planning where to surprise him next!" —LAUREN

CLOCKWISE FROM TOP: DAVID KATZENSTEIN/CITIZEN STOCK/CORBIS, ISTOCKPHOTO.COM, ALEX CAO/GETTY IMAGES, CSA PLASTOCK/GETTY IMAGES, © SQUARED STUDIOS/GETTY IMAGES.



The difference
between winter pale

and summer glow.



**JUMP-START YOUR
SUMMER GLOW IN JUST ONE DAY.**

Jergens® Natural Glow EXPRESS Body Moisturizer with our exclusive Glow Perfecting® Complex is the fast way to get streak-free, natural looking color – guaranteed. So you can moisturize and build a full shade of color in just three days.



Before Use

After 1 Day

After 3 Days

Jergens®. The Beautiful Difference.





**This month's
STAFF CHALLENGE:**
To shock the men in our
lives by trying something
new! Get ideas of your
own on page 180.

REDBOOK

VP/Publisher, Chief Revenue Officer Mary E. Morgan

ASSOCIATE PUBLISHER Chris McLoughlin

GENERAL MANAGER Elyssa H. Rubin

VICE PRESIDENT, GROUP CONSUMER MARKETING DIRECTOR Rick Day

EXECUTIVE DIRECTOR, INTEGRATED MARKETING Robyn Mait Levine

ADVERTISING SERVICES MANAGER Melissa Gart



"I tried to go a week without telling my boyfriend what to do. We had a great week, but when it was over, I had a list of things that had piled up to tell him, which might have defeated the purpose!"

—KERRI



"We're both a bit addicted to our BlackBerries, so we left our phones at home during our date night and it made such a difference. It reminded me of when we started dating and never let anything come between us."

—KATIE

Advertising Sales

NEW YORK (300 W. 57th St., New York, NY 10019; 212-649-3330)

NEW YORK DIRECTOR Andrew Weicker

SENIOR BEAUTY & CONSUMER PRODUCTS DIRECTOR Katie Bohan

ACCOUNT DIRECTORS Jackie Bodner, Caroline Casey, Amy Smith

ACCOUNT REPRESENTATIVE Margurite Berard

DIRECTOR, DIRECT RESPONSE Christine Hall

SENIOR ACCOUNT MANAGER, DIRECT RESPONSE Michael Rohr

EXECUTIVE ASSISTANT Kerianne Sullivan

INTEGRATION ASSOCIATE Chelsea Lajterman

CBS SUPERVISOR Ashley Packard

Branch Offices

MIDWEST DIRECTOR Katie Demetriou

MIDWEST ACCOUNT DIRECTORS Jennifer Furibondo, Laura Serge

INTEGRATION ASSOCIATE Kristen Turley

(1 S. Wacker Drive, Chicago, IL 60606; 312-984-5180)

WESTERN DIRECTOR Erika Muhlfeld

INTEGRATION ASSOCIATE Ashley Andrews

(3000 Ocean Park Blvd., Santa Monica, CA 90405; 310-664-2960)

NORTHWEST REPRESENTATIVE Courtney Roberts

(921 Butterfield Road, San Anselmo, CA 94960; 415-524-8665)

DETROIT REPRESENTATIVES Colleen Maiorana, Joan Cullen

(415 S. West St., Suite 350, Royal Oak, MI 48067; 248-546-2222)

SOUTHEAST REPRESENTATIVE Sarah Wiley

(3340 Peachtree Road, Tower 100, Suite 1550, Atlanta, GA 30326; 404-256-3800)

SOUTHWEST REPRESENTATIVE Lucinda Weikel

(4217 Camden Ave., Dallas, TX 75206; 214-824-9008)

Creative Services

CREATIVE SERVICES DIRECTOR Alison Friedman

CREATIVE DIRECTOR Amy Dorf

ASSOCIATE PROMOTION DIRECTOR Lisa M. Iommarini

ASSOCIATE MERCHANDISING DIRECTOR Jane Winston

SENIOR MARKETING MANAGER Candie L. Patterson

SENIOR PROMOTION MANAGER Morgan Brooks

INTEGRATION MANAGER Joanne Ko

Production

GROUP PRODUCTION DIRECTOR Karen Otto

GROUP PRODUCTION MANAGER Chris Hertwig

ASSOCIATE PRODUCTION MANAGER Tina S. Wilkinson

Research

RESEARCH MANAGER Tina Giberti



"We tried something new every day for a week just little things, like taking the bus to dinner instead of driving. The people watching alone made for hysterical conversation, which reminded me of how much I love my husband's sense of humor!"

—KATIE



"My husband and I went shopping for sexy lingerie. It was fun to see what he was into, and somewhere amid the giggling like teenagers again, we found some things we both liked."

—KRISTEN

For customer service regarding your subscription such as renewals, address changes, and account status go to service.redbookmag.com or write to REDBOOK, P.O. Box 6000, Harlan, IA 51593.

CLOCKWISE FROM TOP: IMAGE SOURCE/CORBIS, THOMAS NORTH/GETTY IMAGES, VEER, BURAZIN/GETTY IMAGES, COMSTOCK/GETTY IMAGES.



©2011 Calvin Klein Cosmetics Corporation ETERNITY® ETERNITY®

calvinkleinfragrances.com
[macy's](http://macy's.com) and macys.com

ETERNITY

Calvin Klein

what begins here never ends



"My husband was bored and went looking for sex on AshleyMadison.com."

CHEATING HEARTS

I feel you did a disservice to your female readers who are members of AshleyMadison.com ["Undercover on America's Cheating Website," April]. I am no longer attracted to my husband, but our priority is our kids, and the solution is my relationship with a great man I met on this website. This is a reality for a lot of women, and I think your article should have included the perspective of an actual female user.

—C., Elizabeth, NJ

COULD YOU FORGIVE A CHEATING HUSBAND?

34% of you said "Yes"
66% said "No way"

Thank you for your article on AshleyMadison.com—I only wish I had been made aware of the site sooner. My husband was just like the men you described: bored and looking for a relationship and sex on this website. I never dreamed that he would cheat, but this affair has caused us to look at our marriage in new ways. We have a long road ahead of us, but hopefully someday we will be better off because of this experience. —CATHY, Atlanta

I hate to argue with the experts, but advising wives not to snoop if they suspect their husband of cheating is a huge health risk. We live in an age of deadly, incurable, cancer-causing STDs. While snooping damages trust, I think it's better to learn the truth from browsing his Internet history than when you're in the gynecologist's stirrups. —JACI DAUGHERTY, Pittsburgh

SAFETY FIRST

I used to agree with commenter J. McAllister, when she said she wouldn't put her child on a leash [Spill, Vent, Gossip, Go! April]. Four kids later, I think a safety harness is a damn good idea. You should do whatever it takes to protect them—and you—from heartache.

—ROSEMARIE PANDISCIO, Barefoot Bay, FL

TUMMY TUCK TRUTHS

I commend you on "Would You Get a 'Mommy Tuck'?" [April], but as someone who was quoted, I feel I need to clarify my position. The article portrayed me as pro-tummy tuck, which is not the case. Plastic surgery is a personal decision, and I'm neither for nor against it. If I am pro-anything, it's what REDBOOK is doing [with stories like this one]: carefully weighing the options with as much compassion as possible. —JEAN FAIN, Cambridge, MA

I just read "Would You Get a 'Mommy Tuck'?" and I really relate to the writer. I've worked out five days a week for over a year, and I can't get rid of my baby weight—people even still ask if I'm pregnant! I'm getting a tummy tuck this summer. This article was very informative, and although I'm not looking forward to the pain and recovery, I just can't live like this anymore! —KARI MCLAUGHLIN, Gillette, WY

I'm having a terrible time losing the last 10 pounds of baby weight, and your April issue couldn't have come at a better time—not only did I learn to never eat below 1,200 calories, but it also opened my eyes to the possibility that polycystic ovarian syndrome could be the reason I can't get the scale to budge ["18 Symptoms You Should Never Ignore"]. Best of all, after reading



"Would You Get a 'Mommy Tuck'?"

I've decided that I'll never get a tummy tuck, regardless of that stubborn weight. —AMANDA MORGAN, Pocatello, ID

PASS THE VEGGIES

I really enjoyed your vegetarian recipes ["A Month of Meatless Mondays—Try It!" April], and I plan to make meat-free family dinners once a week this summer. Thanks for the great read!

—EMILY BEAULAC, San Francisco

BULLIES, UNFORGIVEN

I was bullied terribly in seventh and eighth grade and your story about bullies apologizing ["To Everyone I Bullied: Sorry for Making Your Life Hell," April] didn't make me feel better. These women said they behaved that way because they were bullied; even though I was bullied, I never would have done so to others. I wouldn't offer my bullies the comfort of forgiveness, although the women in this article seemed to have excused themselves. —HARRIET BELL, Portland, OR

WOULD YOU FORGIVE SOMEONE WHO'D BULLIED YOU?

55% of you said "Yes"
45% said "Absolutely not"

Write to us! At redbook@hearst.com, or Redbook Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.



Now you can keep it feeling fresh
up to five times longer.

Try Crest Extra White Plus Scope Outlast
for a fresh breath feeling that lasts up to five times
longer* and a whiter smile. **Dare to outlast.**



Healthy, Beautiful Smiles for Life.

*versus ordinary toothpaste



crestplusscope.com

SHIFT the way you move



INNOVATION FOR FAMILY

The All-New Nissan **QUEST**[®]

One-touch entry,¹ fold-flat seats with permanent storage and even an air scrubber.²

Nissan QUEST[®]. Innovation for all.

NissanUSA.com

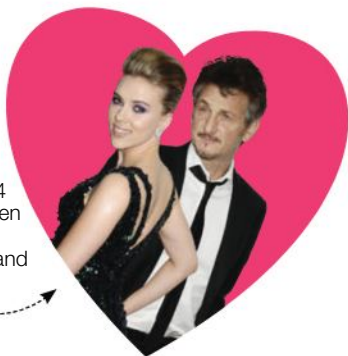


¹Available feature. ²Available feature. The Advanced Climate Control System with Plasmacluster[®] air purifier helps scrub the air in Quest's interior. The system senses and suppresses unpleasant interior odors, stops the inflow of external odors and helps keep the cabin smelling fresh, but does not always eliminate odors. Always wear your seat belt, and please don't drink and drive. ©2011 Nissan North America, Inc.

WHO'S COUNTING?

WHAT'S THE AGE
DIFFERENCE BETWEEN
YOU AND YOUR GUY?

There are a
whopping 24
years between
Scarlett
Johansson and
Sean Penn.



13% SAID HE'S 5 TO 10 YEARS YOUNGER
55% SAID THEY'RE ABOUT THE SAME AGE
19% SAID HE'S 5 TO 10 YEARS OLDER
13% SAID HE'S 10+ YEARS OLDER

Beyoncé and
Jay Z have a
12 year gap.



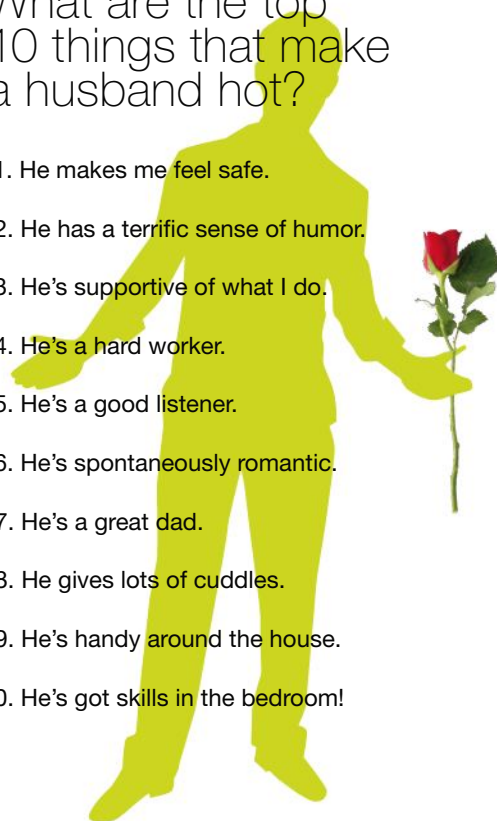
SPILL VENT GOSSIP GO!

EVERYTHING
YOU CAN'T STOP
TALKING ABOUT
RIGHT NOW

IN HONOR OF OUR HOT HUSBANDS
ISSUE, WE ASKED READERS:

What are the top
10 things that make
a husband hot?

1. He makes me feel safe.
2. He has a terrific sense of humor.
3. He's supportive of what I do.
4. He's a hard worker.
5. He's a good listener.
6. He's spontaneously romantic.
7. He's a great dad.
8. He gives lots of cuddles.
9. He's handy around the house.
10. He's got skills in the bedroom!



Abercrombie & Fitch is selling padded bikini tops to
12-year-olds, and **85 percent** of you think that's

Insane!

But hey, they originally marketed them to
8-year-olds, so that's an improvement, right?

TICKET MASTERS

WHICH SUMMER CONCERT ARE
YOU MOST EXCITED ABOUT?



Taylor
Swift
24%

U2
33%

Britney
Spears
15%

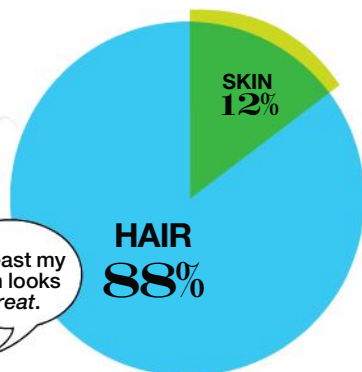
Jimmy
Buffett
28%

No wastin'
away here...

WOULD YOU RATHER...
...have a bad **hair** day
or a bad **skin** day?



At least my skin looks great.



"Hair can be thrown in a ponytail skin is harder to hide."
DEBRA SOLUM, ST. PAUL, MN

BUN IN THE OVEN—AND ONSCREEN

There's a trend of women announcing their pregnancies by posting YouTube videos of themselves *taking actual pregnancy tests*.



**WOULD YOU
EVER ANNOUNCE
YOUR PREGNANCY
ON YOUTUBE?**

8%

92%

Why not? No way

SUMMERTIME BLUES?

SCHOOL'S OUT! **YAY** OR **SOB**?

69%
YAY!

"I love having the kids home and no set schedule to follow."
MEAGHAN FRONABARGER,
HARTFORD, KY

31%
SOB!

"I have a home office, so it gets pretty crazy (and noisy!) around here."
SANDY THEISEN, KENTWOOD, MI



WOW, THAT WAS
EMBARRASSING!

"One night, I called the police on my neighbors because it sounded like something awful was happening over there. I demanded that the cops investigate, and when they stepped out of their two squad cars, they saw that the scary noise was coming not from my neighbors but from their cats... who were in heat. Let's just say the officers weren't too thrilled with me."

K.W., LOS ANGELES



"My son came home from school with a beautiful flower, which I promptly put in water. Over time, I kept refreshing the water, and after about two weeks, I was chatting with a friend about how impressed I was that it was holding up. She gently pointed out that it was probably 'living' so long because it was fake. I had spent weeks caring for a fake flower."

J.C., NEW HAVEN, CT



"When my 3-year-old and I were out and about one afternoon, he asked an elderly woman if she was a girl. Okay, *that* was embarrassing enough, but he didn't stop there. When she answered yes, he followed up with, 'So, you have a vagina?'"

J.L., NEW YORK CITY



Thank you Curél® for non-prescription itch relief
gentle enough for children.



©2011 Kao Brands Company

Curél® Itch Defense® Lotion with Advanced Ceramide Therapy relieves dry, itchy skin often caused by sun, heat, salt and chlorine. It can even provide instant relief from your child's eczema symptoms and, over time, prevent them from recurring. Steroid-free and pediatrician-tested so you and your child can enjoy a soothing summer. www.curel.com



nationaleczema.org

Your search for itchy, dry skin relief ends here.
See the cure in Curél®.

Curél®

WE'LL ALWAYS HAVE RERUNS
WHO WILL YOU
MISS MOST
WHEN THEY LEAVE
THEIR **TV SHOW**?

32%

Steve Carell
departed
The Office
last month



31%

The Oprah
Winfrey Show
ends May 25



29%

Regis Philbin
exits Live! this
summer



Is that
your final
answer?

8%

Katie Couric's
CBS Evening
News contract
ends in June



PITY PARTY

DO YOU EVER HAVE **SEX WITH**
YOUR HUSBAND BECAUSE
YOU FEEL **SORRY FOR HIM**?

76 percent of you said...

YES

DADDY BLOGGER SOUND-OFF

11 THINGS **NEVER** TO SAY TO A **MAN YOU LOVE**

1. *I can't wait to see what you're doing for my birthday.*
2. *Are you... crying?*
3. *If we leave right now, we'll have time to stop by Bed Bath & Beyond.*
4. *Do you need help lighting the grill?*
5. *I'm putting this whole conversation on my blog.*
6. *You had so much hair back then!*
7. *I don't care how big and drunk he is, he shouldn't be talking through the movie. I'm going to say something.*
8. *Actually, it doesn't happen to every guy.*
9. *We're vegetarians now.*
10. *My dad can fix that; you should call him.*
11. *You know why.*

COMPILED BY TROY PATTEE OF DADVENTUROUS.COM, SHAWN BURNS OF BACKPACKINGDAD.COM, AND AARON TRAISTER OF REDBOOKMAG.COM

GO, TEAM!

WHO'S A BIGGER
SPORTS FAN: YOU OR
YOUR GUY?



37%

me

63%

him

dear chemically dependent moms,

you might believe you're in control of your substances, but the habit you've developed is affecting the people you love. luckily, we're here to intervene.

we beg you, make the switch to natural, non-toxic cleaners. like method® all-purpose cleaner with plant-based powergreen™ technology. it delivers a mighty cleaning punch, without exposing your kids to dangerous substances. it's a simple one-step program.

if you're ready, we'd be proud to be your detox sponsor. and the next time you face temptation, write us at www.methodhome.com. we're with you every step of the way.

for the love of clean,™

method.



13 THINGS YOU **LOVED** (AND **HATED**) ABOUT BEING PREGNANT

What you loved:



Kate Hudson

The sex was awesome. Not only did it feel amazing with all the extra blood in the lady-bits zone, but it felt more special and more fun—the newness of pregnancy, not needing birth control, plus giant boobs. **Awsome.** Taylor N., 26

I loved that people gave me major props for doing ordinary things: carrying my own groceries, combing my hair, wearing shoes that were not orthopedic slip-ons, putting on lip gloss... Nicci M., 35

Selma Blair

Not having to suck in my gut when having my picture taken... or at any other time. Katherine C., 32

Not needing to buy tampons for a whole year. Marion V., 32

Guilt-free naps, guilt-free Cheeto-eating, guilt-free bitchiness. Melissa G., 35

Knowing my body was doing the most productive thing it could do, even when I was lying on the couch watching *Keeping Up With the Kardashians*. Teresa D., 35

I liked getting catcalled from behind, only to turn around with a big smile and my giant belly and watch the guy's face disappear into his collar! Catherine P., 41



Tia Mowry

Natalie Portman

What you hated:

A coworker felt my hips and told me I was filling out. That was just the beginning of the strangers-touching-my-body thing. Kim G., 36

Spitting toothpaste onto my belly instead of in the sink. Elissa M., 30

Listening to my mother-in-law describe in excruciating detail each one of her three pregnancies over and over again—right down to the mucus plug. Yup. My mother-in-law's mucus plug. Nora W., 34

I hated when people guessed what I was having. When I left a room, my mother-in-law would say, "You're having a boy," and when I re-entered—10 seconds later—she'd say, "No, it's a girl." So, I look great from behind, but my face looks bad? Next time, we're definitely finding out. Annette U., 32

Not being able to ingest the following: allergy medicine, chardonnay, spicy tuna rolls, cold cuts, vodka, raw cookie dough, Advil, NyQuil, fresh mozzarella, and, yes, beer. Erin R., 33

The raging hormones. One day when I ordered breakfast at my office cafeteria, they told me they were out of breakfast burritos and I actually started sobbing. Seriously, it didn't take much to send me over the edge! Susan H., 27



Tina Fey

CLOCKWISE FROM TOP LEFT: PIKO PRESS/SPASH NEWS, JONU/X17ONLINE.COM, FILMMAGIC/GETTY IMAGES, KYLE ROVER/STARTRAKSPHOTO.COM, FAME PICTURES.

They pledge allegiance to each other.

army wives



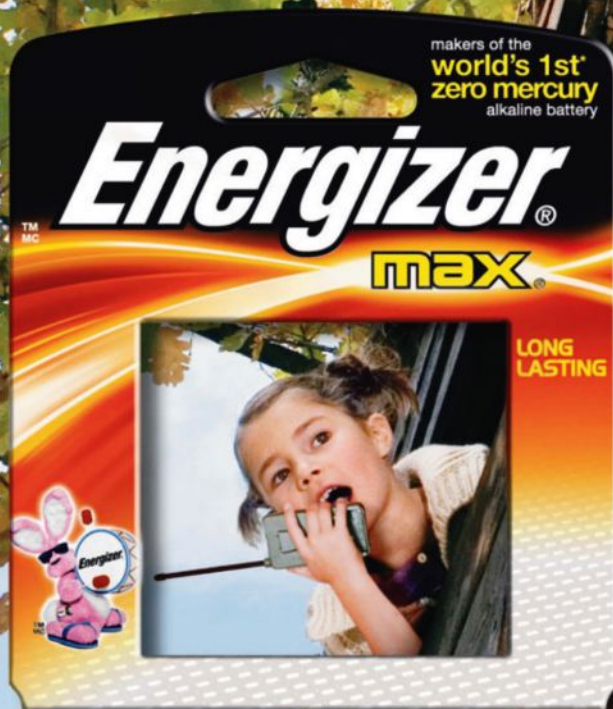
NEW SEASON!

SUNDAYS 9/8c

Lifetime
myLifetime.com

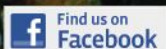
©2011 Lifetime Entertainment Services, LLC. All rights reserved.

Time for a cootie-free tea party.



Long lasting to share more secret passwords.
Mercury-free to keep the bad stuff out of headquarters.
So keep talking. *Keep Going*®

nowthatspositivenergy.com



now that's positivenergy.



*Commercially available since 1991. ©2011 Energizer. Energizer, Energizer Bunny design, card and label graphics and other marks are trademarks of Energizer. Facebook is a registered trademark of Facebook, Inc.



50

UNDER \$50

SAY HELLO TO **SUMMER** WITH **COOL FINDS**, GREAT DEALS, AND **FATHER'S DAY** GIFTS THAT WIN YOU MAJOR POINTS FOR **MINI MONEY**.



STUDIO D. WALLET: COURTESY OF MANUFACTURER.

1 Keep this adorable honey pot somewhere your little Pooh Bears can't reach. Honey pot, \$12.95; vermontcountrystore.com. 2 Achieve hair nirvana with this intense scalp-soothing moisturizer. Dermocalm emulsion mask, \$16; salerm.com. 3 Introducing the star of the new show *Pimp My Flip-Flops*. We kid, but so cute, no? Sandals, \$40; reef.com. 4 Looking at this bracelet makes us downright giddy. Issac MizrahiLive! bracelet, \$42; qvc.com. 5 Liz Taylor is surely smiling down on this sparkler. Real Collectibles bracelet, \$49.95; hsn.com. 6 A groovy wallet that doubles as a "Let's run out for G&T's!" clutch. Wallet, \$42; verabradley.com. 7 Ward off AC-induced pneumonia in style. Emu Australia scarf, \$49.99; ceciliaboutique.com.

Photographed by Greg Marino

UNDER \$50 FATHER'S DAY FINDS



THIS FATHER'S DAY, GET THAT HOT HUSBAND OF YOURS

8 Accessorize your handy man: He wears this on his wrist, and nails stick to it. Magwear magnetic wristband, \$19.95; redenvelope.com. 9 Sheds light on hard-to-reach spots—ideal for the next time he has to fetch the hamster from the crawl space. GorillaTorch clamp light, \$29.95; joby.com. 10 A supersoft tee for your resident muscle-car enthusiast (that's him, not you, right?). Farm Fare T-shirt, \$39; toporanch.com. 11 Why will he love bocce and croquet? He can still hold a beer while he whacks the ball. Croquet and bocce set, \$19.99; Target. 12 Grilling, personalized. Be sure to ask, "Hey, cowboy, is that *your* initial on *my* steak?" Initial branding iron, \$24.95; plowandhearth.com. 13 A 'stache-styling bible for those who flatly refuse to shave it off. *The Moustache Grower's Guide*, \$9.95, amazon.com. 14 Put a little throwback-style prep in his step. Sneakers, \$24.50; ae.com. 15 Moby slick! This vintage-y little tin houses a crisp orange-basil scent. Patch NYC Solid Fragrance in Whale, \$22; soapandpaperfactory.com.

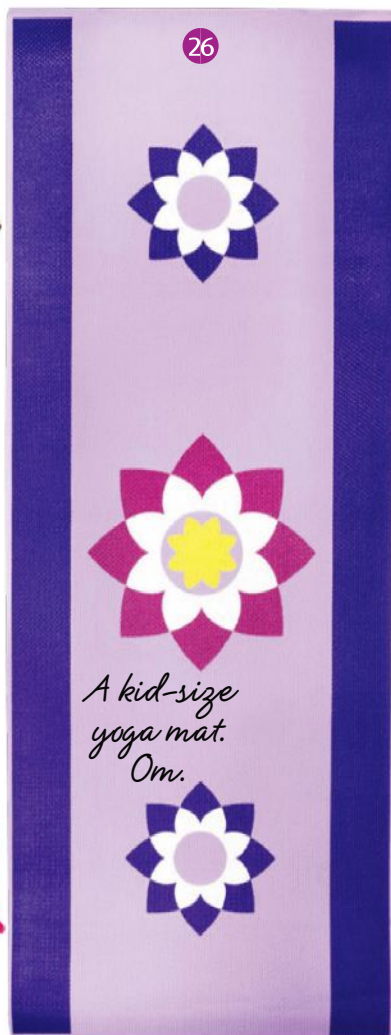


STUFF HE WILL ACTUALLY USE... MORE THAN ONCE.

16 He'll feel all "Boys of Summer" in these. Sunglasses, \$9.50; oldnavy.com. 17 Juice up his watch wardrobe. Sprout watch, \$30; nordstrom.com. 18 Because a little color on those legs of his couldn't hurt. Croft & Barrow plaid shorts, \$34; kohls.com. 19 Buy a protective coat for his other wife—you know, the one that he's typing away on when he should be paying attention to you. Reversible laptop sleeve, \$19.99; merkuryinnovations.com. 20 The note: "See, your dream is close at hand." Lamborghini wireless mouse by Road Mice, \$48; cambriacove.com. 21 These proven-to-work lures are good for a fisherman's ego. Essential Streamer Selection, \$19.50; llbean.com. 22 Okay, this one is more for you, because it makes him smell like the ocean (yum!). Body and hair wash, \$16; mistralsoap.com. 23 You know what they say: If you build it, he will come. And if you give him a hose, he'll water it. Room Essentials hose, \$9.99, and nozzle, \$3.99; target.com.

50
UNDER \$50

RESORT STYLE FOR REAL WALLETS: G-E-N-I-U-S!



²⁴ We saw seashells on your sink side (now again, faster!). SoapShells, \$9.95; vat19.com. ²⁵ Swarovski-level sparkle at a crazy-good price. Necklace, \$15; Afaze, NYC, 212-630-9938. ²⁶ It's never too early to teach kiddies the concept of inner peace (i.e., more peace for you). Child-size yoga mat, \$25; thelittleyogamat.com. ²⁷ Take this shimmery clutch out on the town and make like Liza Minnelli at Studio 54. Clutch, \$22.90; windsorstore.com. ²⁸ A compelling reason to give your old watch the summer off. Wrap watch, \$19.50; ae.com. ²⁹ The mortal enemy of hot-and-schlumpy days. Johnnie B cami, \$26; bodenusa.com. ³⁰ This headband turns a regular ol' bun into a chic 'do. Headband, \$35; oldsoulnewheart.com. ³¹ Sandals that make 'em stare (so at the very least, slap some polish on your toes). Mudd wedges, \$49.99; kohls.com. ³² Guaranteed to put a little shimmy in your poolside sashay. Sarong, \$34; pjsalvage.com.

Dry skin has a way of
creeping up on you.



LUBRIDERM® Daily Moisture is your moisture match.

It contains the same nutrients naturally found in
healthy skin. Skin accepts it better. Absorbs it better.

And it lasts for a clinically tested 24 hours,
for skin that looks and feels truly comfortable.

Later, gator.

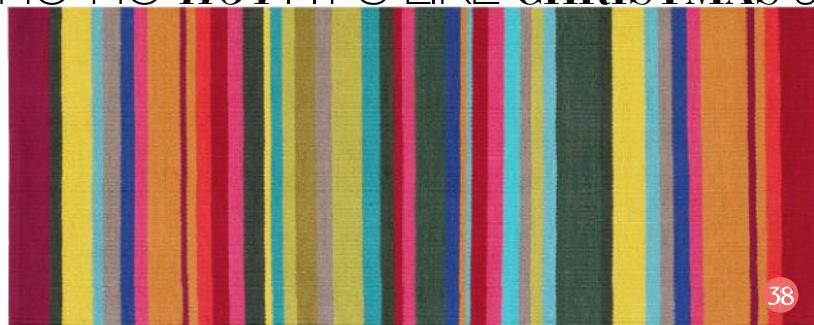


50
UNDER \$50

↖ Cool coasters ↗



HO-HO-*HOT*. IT'S LIKE CHRISTMAS JUST CAME IN SUMMER!



- 33 Made from recycled records, these coasters double as "Remember when you first heard this?" conversation starters. Record coasters, \$17.50 for 6; uncommongoods.com. 34 A polished, little-bit-punk cuff befitting the coolest mom around—duh, *you*. Cuff, \$45; mattbernson.com. 35 Hang 10! Or just hang around in these comfy board shorts. Adidas, \$40; Sports Authority. 36 The most elegant air freshener: It releases a heeeeeeavenly scent and lasts for months. Lampe Berger Essential Round starter kit, \$43.99; amazon.com. 37 Like having a private little patch of Palm Beach wherever you are. The Big One beach towel, \$19.99; kohls.com. 38 We know, this floor mat made us smile too. Cormac 2x3-foot rug, \$19.95; crateandbarrel.com. 39 The best mix since Cee Lo and Gwyneth: Half oxford, half nautical. UnRestricted shoes, \$49; endless.com. 40 For little things (lipsticks, keys, cell) that tend to get swallowed up in the abyss you call a bag. Modella Modern Royalty purse kit, \$2.97; Walmart.

RUG: COURTESY OF MANUFACTURER.

Let's make green thumbs happy with the **eco-friendly** Android phone.

Now you can get Sprint's first eco-friendly Android™ phone **for only \$49.99**. The Replenish is built partly with recyclable materials, comes preloaded with the Green Sprint ID Pack and is available with a solar charging accessory. Together, we can earn mother nature's approval. Only from Sprint.



Get the Samsung Replenish.

\$49⁹⁹ After a \$100 instant rebate with a new-line activation (or an eligible upgrade) on an Everything plan with data and a two-year Agreement per line. Special offer: \$10/month Premium Data add-on charge is waived.

Special offer:
Save \$10/month.

Purchase a Samsung Replenish and receive \$10 off your wireless service.

sprint.com/replenish
800-SPRINT-1
(800) 777-4681
Or visit any Sprint Store.

Monthly charges exclude taxes, Sprint Surcharges (incl. USF charge of up to 14.9% [varies quarterly], Administrative Charge [up to \$1.99/line/mo.], Regulatory Charge [\$0.40/line/mo.], and state/local fees by area, approximately 5–20%). Sprint Surcharges are not taxes or government-required charges and are subject to change. Details: sprint.com/taxesandfees. May require up to a \$36 activation fee/line, credit approval and deposit. Up to a \$200 early termination fee/line applies. **Phone Offer: Offer ends 6/26/11 or while supplies last. \$49.99 (two-year price). Taxes and service charges are excluded. No cash back. Requires activation at the time of purchase. Solar charger must be purchased separately. **Special Offer:** Monthly required \$10 Premium Data add-on charge is waived for savings. **Upgrade:** Existing customers in good standing with service on the same device for more than 22 consecutive months currently activated on a service plan of \$39.99 or higher may be eligible. See in-store rebate form or sprint.com/upgrade for details. **Other Terms:** Coverage is not available everywhere. The Sprint 3G Network reaches over 272 million people. Offers are not available in all markets/retail locations or for all phones/networks. Pricing, offer terms, fees and features may vary for existing customers not eligible for upgrade. Other restrictions apply. See store or sprint.com for details. ©2011 Sprint. Sprint and the logo are trademarks of Sprint. Android and Google are trademarks of Google Inc. The Android Robot is based on work created and shared by Google and used in accordance with the Creative Commons 3.0 License. Other marks are the property of their respective owners.  Focus on driving



10
UNDER \$10

THE BEST SWEET (CHEAP!) CREATIONS SINCE SOFT SERVE

41 Cleanser, toner, and moisturizer in one cuke-scented wipe. Face wipes, \$6; topshop.com. 42 This magnetic brainteasing puzzle will eat up tons of road-trip hours. Tower of Hanoi game, \$6; kikkerlandshop.com. 43 Brightens any surface, with or without flowers. Solstråle vase, \$7.99; [kea](http://kea.com). 44 Soak up the glow: These bath beads give your skin a pretty shimmer. Calgon Ageless Bath Pearls, \$5.99; drugstores. 45 Reason to start talking with your hands. Ring, \$9.99, avon.com. 46 Modern arts-y stripes on an old-school comfy tank. Heritage 1981 tank, \$8.90; forever21.com. 47 Take your to-do list less seriously in this. Fab NY Hello Kitty notebook, \$9.95; Barnes & Noble. 48 Cheap perfume that smells anything but. Bodycology eau de parfum, \$7.99; Target. 49 Bibbidi, bobbidi, boo! Your sundress is now ready for the ball... or, okay, a nice dinner. Earrings, \$8.90; windsorstore.com. 50 Brightens teeth, freshens breath, and fights cavities—it pretty much does everything but floss for you. Rembrandt Deeply White mouthwash, \$7.49; rembrandtboutique.com.

VASE: COURTESY OF MANUFACTURER.

WHEN YOUR LASHES GROW, YOUR LASHES SHOW!

LATISSE® – the first and only FDA approved prescription treatment for inadequate or not enough lashes.

It's easy to ask your doctor if LATISSE® is right for you.

GROW YOUR OWN LASHES Longer, Fuller, Darker

WEEK 0...NOW



WEEK 16...WOW!



Claire Danes without mascara—lashes not retouched.
Your results may vary. By prescription only.

Latisse®

(bimatoprost ophthalmic solution) 0.03%

Claire Danes after using LATISSE® 16 weeks

LATISSE® is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker, and darker. Eyelash hypotrichosis is another name for having inadequate or not enough eyelashes.

Important Safety Information:

If you are using, or have used, prescription products for any eye pressure problems, only use LATISSE® under close doctor care. Although not seen in LATISSE® clinical studies, may cause increased brown pigmentation of the colored part of the eye which is likely permanent. Eyelid skin darkening may occur which may be reversible. Only apply at the base of the upper eyelashes. **DO NOT APPLY** to the lower eyelid. Hair growth may occur in other skin areas that LATISSE® solution frequently touches. If you develop or experience any eye problems or have eye surgery, consult your doctor immediately about continued use of LATISSE®. The most common side effects are itchy eyes and eye redness. If discontinued, lashes will gradually return to their previous appearance.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see important product information on the following page. Call 1-877-LATISSE for more information.



ALLERGAN

© 2011 Allergan, Inc., Irvine, CA 92612
© mark owned by Allergan, Inc. APC410T11

From Allergan,
a company with 60 years
of eye care expertise.

To see more before and after
results or **FIND A DOCTOR**
go to LATISSE.COM

PATIENT INFORMATION

LATISSE® (la teece) (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

What is hypotrichosis of the eyelashes?

Hypotrichosis is another name for having inadequate or not enough eyelashes.

What is **LATISSE®** solution?

LATISSE® solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

Who should NOT take **LATISSE®**?

Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

Are there any special warnings associated with **LATISSE®** use?

LATISSE® solution is intended for use on the skin of the upper eyelid margins at the base of the eyelashes. Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

LATISSE® use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

Who should I tell that I am using **LATISSE®**?

You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

What should I do if I get **LATISSE®** in my eye?

LATISSE® solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

What are the possible side effects of **LATISSE®**?

The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

What happens if I stop using **LATISSE®**?

If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

How do I use **LATISSE®**?

LATISSE® solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.



ILLUSTRATION 1



ILLUSTRATION 2

DO NOT APPLY in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

General Information about **LATISSE®**

Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

What are the ingredients in **LATISSE®**?

Active ingredient: bimatoprost

Inactive ingredients: benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

© 2011 Allergan, Inc., Irvine, CA 92612. ® marks owned by Allergan, Inc., U.S. Patents 6,403,649; 7,351,404; and 7,388,029 APC62ET10

FRESH, DEWY SKIN

5 readers will each win a complete skin care package from Revision Skincare, including a daily SPF 45 moisturizer, a rich eye cream, a lotion with vitamin C, and more. Value of set, \$321.



A LUXE AND CHEERY TOTE

3 readers will each win a flowery red leather carryall from Riki Rosetta. Value of each, \$495.

Free Stuff?
Plus the chance to win \$250,000
(SEE DETAILS BELOW)

KICK BACK IN THE CARIBBEAN

1 reader will win a 4 day, 3 night trip for 2 to the St. Kitts Marriott Resort & The Royal Beach Casino in St. Kitts, including 1 dinner for 2 at La Cucina restaurant and \$600 in travel vouchers. Total retail value, \$2,527.



Score a new **patio**, a beach **trip**, and a few **diamonds**. (Don't you love how we casually threw *diamonds* in there?) Enter to win at redbookmag.com/freebies.

LOVE THIS LAPTOP!

3 readers will each win an 11.6 inch Sony Vaio YB laptop with AMD Fusion, which includes a built in camera and microphone for video chatting. Value of each, \$599.



A CHIC SHOPPING SPREE

5 readers will each win a \$300 gift certificate for fun yet elegant clothes from clarasunwoo.com. Value of each, \$300.



DIAMOND EARRINGS!

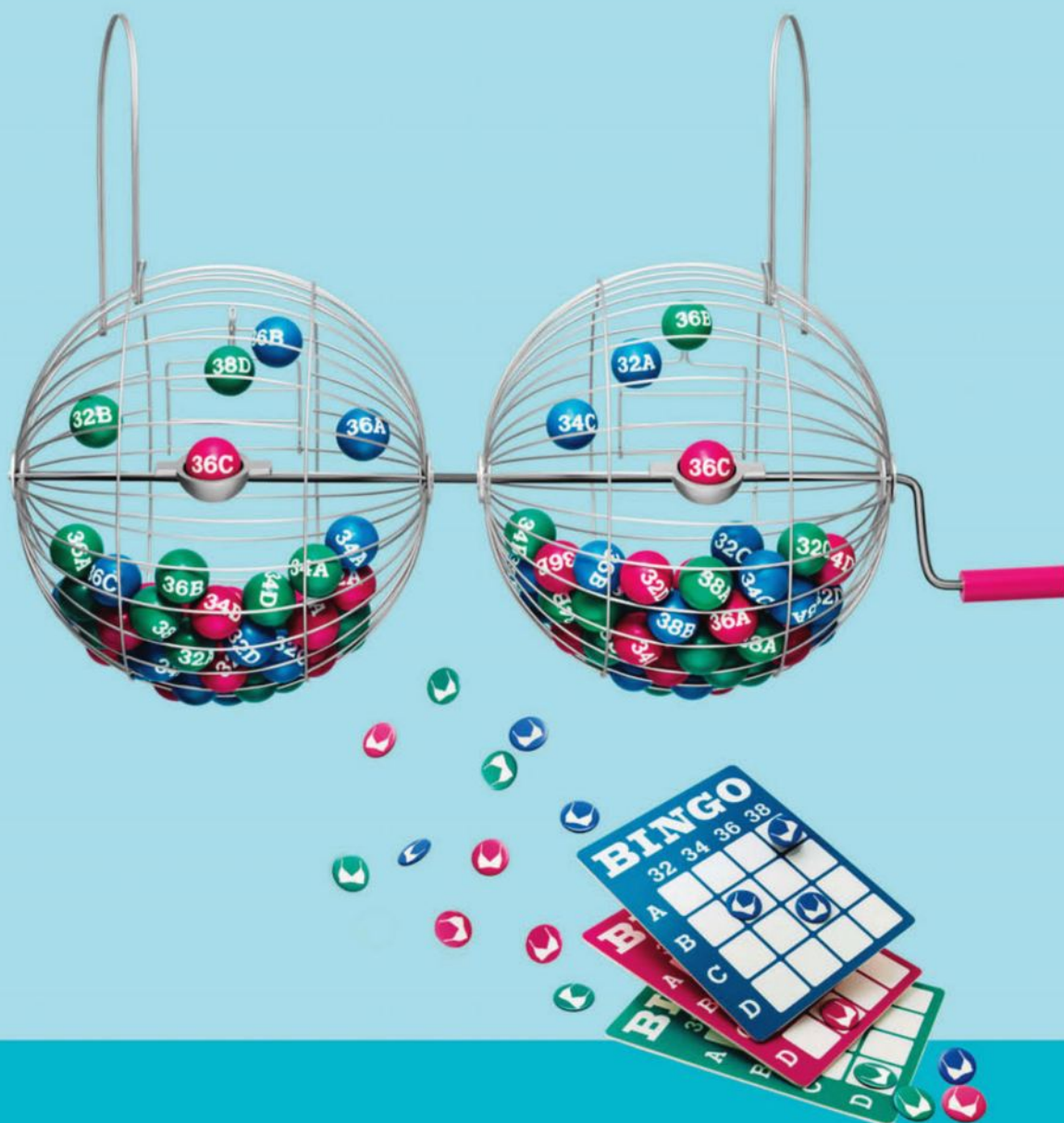
1 reader will win a pair of 14K gold and diamond earrings that convert you can wear them as studs, as knots, or as the drops shown here from Gottlieb & Sons. Total retail value, \$3,000.



DRESS UP YOUR DECK

1 reader will win, from thompsonwaterseal.com, a case of deck cleaner, a case of deck waterproofer, and \$1,500 for patio furniture and accessories. Total retail value, \$1,620.

Even better: You could win \$250,000 in cold, hard cash! For your chance, enter at win250k.redbookmag.com. See page 222 for details.



FINDING THE RIGHT BRA SIZE SHOULDN'T BE A GAME.
SMART SIZES SHAPE TO FIT YOU.®

(XS) (S) (M) (L) (XL)

NEW CUSTOMFLEX FIT® DREAMFORM™ BRAS
WITH CONCEALING PETALS TO PREVENT SHOW-THROUGH.

barely there®

 PLAY BRA BINGO AT [FACEBOOK.COM/BARELYTHERE](https://www.facebook.com/barelythere)



WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

Consider this swimsuit therapy. Whatever beach-related neurosis ails you, we found a cure on the racks and racks of suits that lined the halls at REDBOOK. Get ready to relax, look cute, and feel awesome.

Your
no-stress
swimsuit
finder



◀ Tankini, Aerin Rose, top, \$89 (sizes 32B/C-36F/G), bottom, \$56 (sizes XS-XL); aerinrose.com. Bracelet, CC Skye, \$185; ccskye.com. Bangles, Jules Smith, \$95 for 9; jules.smithdesigns.com.

SWIMSUIT FINDER



Boden, \$34 each piece
(both, sizes 2-16);
bodenusa.com.



J.Crew, top, \$60 (sizes
32A-38D), bottom, \$54
(sizes XXS-XL); jcrew.com.



Catalina, \$20 (sizes
XS-XL); Walmart.



Julia Roberts:
After three
kids, still hot and
happy in a bikini.



Lauren by Ralph Lauren,
top, \$69, bottom, \$46
(both, sizes 6-16); Macy's.



Shape FX, \$69 (sizes
2-18); spiegel.com.



Q *I love bikinis, but I haven't attempted one in years. Can I baby-step my way back in?*

But of course! The key is a top that supports (halter and bra styles are best) and a bottom that's substantial enough to stay put.



Nicolita, top, \$61,
bottom, \$41.30
(both, sizes XS-XL);
mynicolita.com.



Gap, top, \$36.95,
bottom, \$34.95 (both,
sizes XS-XL); gap.com.



We asked our readers: Did you stop wearing bikinis after you had kids?

47%

SAID YES. But a cool 53 percent of you kept wearing 'em. Rock on!

STILLS: PHOTOGRAPHED BY DON PENNY/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC. ROBERTS: SPLASH NEWS.

DO YOU KNOW A WOMAN OF WORTH?

Do you know a woman who's making a difference in her community?
Nominate her at womenofworth.com between April 11th and
June 30th and she could be awarded \$25,000 for her cause.

Because we're all worth it.

L' O R É A L
PARIS
WOMENOFWORTH.COM



DISCOVER
LAST YEAR'S
AWARDS EVENT



facebook.com/womenofworth 

HOW TO USE THIS TAG: 1. Download the free app at <http://gettag.mobi> 2. Scan your smartphone over the bar code 3. Watch the video!

NO PURCHASE NECESSARY TO ENTER TO WIN. Award nominees must be female legal residents of the 50 United States or the District of Columbia, must consent to the nomination and be 18 years or older at the time of nomination. All nominations must be received online by 11:59 PM Eastern Time 6/30/11 or postmarked by 6/30/11 and received by 7/11/11. Void where prohibited. See official rules for details at womenofworth.com.

© 2011 L'Oréal USA, Inc.

SWIMSUIT FINDER

Q *I want to be able to eat on vacation. Is there a suit that'll hide the evidence?*

Yes. They're called compression suits, because they *compress* you, slimming out any bumps (trust us, we tried them). They're surprisingly comfy, but there's a caveat: You'll pay a bit extra for them.

We asked:
Would you wear a Spanx bathing suit?

74%
of you said "Why not!?"



Spanx, top, \$128 (sizes 6-16), bottom, \$98 (sizes 6-18); spanx.com.



Miraclesuit, \$146 (sizes 6-16); Lord & Taylor.



Kenneth Cole New York, top, \$66, bottom, \$42 (both, sizes S-XL); Everything But Water stores.



Slender Touch, \$99 (sizes 8-16); qvc.com.

Q *I actually exercise in my suit, and I don't want to jiggle all over the place. Help!*

We love the sporty ones here: They're all adorable (not jockish) and super supportive, so they'll keep your bits and pieces in place.



Carve Designs, top, \$44, bottom, \$38 (both, sizes XS-XL); carvedesigns.com.



Catalina, \$15 (sizes S-XL, 1X-3X); Walmart.



Newport News, \$34 (sizes 4-18); spiegel.com.



Tommy Hilfiger, top, \$57, bottom, \$59 (both, sizes 4-14); SwimSpot stores.



Athleta, top, \$59, bottom, \$49 (both, sizes XXS-XL); athleta.com.



Rihanna may not worry about a wardrobe malfunction, but we do!

The difference
between dimpled

and daring.



**VISIBLY FIRMER SKIN
IN JUST TWO WEEKS.**

With Firm Perfecting® Complex, Jergens® Skin Firming Daily Moisturizer is clinically proven to visibly enhance the appearance of skin's firmness, texture and elasticity in as little as two weeks. When used daily, it actively conditions and tones your skin for an improvement you can see.

Jergens®. The Beautiful Difference.

BUILD YOUR BODY'S BEST BIKINI

Mix-and-match suits are everywhere. Here's how to create the one that'll flatter your top *and* your bottom.

All separates from landsendcanvas.com.



If you're broad-shouldered and small-chested: A string top will give you a foxy, more feminine look. \$34.50 (sizes XXS-L).



If you're busty and belly-conscious: For support and coverage, you can't beat a halter tankini. \$49.50 (sizes XXS-L).



If you want cleavage: Underwire lifts and defines like your best bra. \$34.50 (sizes 4-14).



If you're petite: A ruched bandeau creates the effect of more on top—good for small busts and builds. \$34.50 (sizes XXS-L).



If you're boyish: A hipster is going to make you look a wee bit curvier in the hips and backside. \$29.50 (sizes XXS-L).



If you want longer legs: The high cut of a classic bikini adds instant inches. (It's bare, but so worth it!) \$29.50 (sizes XXS-L).



If you don't love your bum: Ruffles will hide it (and give you flirty sex appeal), without looking grannyish. \$39.50 (sizes XXS-L).



If you have full hips: A string bikini has an adjustable fit, so it's absolutely bulge proof. \$29.50 (sizes XXS-L).

Okay, admit it: What body part do you feel most self-conscious about?

52% of you said tummy. **29%** said thighs. **11%** said boobs. **8%** said butt.

Top in one style, bottom in another, and Serena Williams looks awesome!



Get your cute, cute extras!

The bag, the towel, the shades, hat, and 'flops—now you're fully outfitted!



1 Bag, \$40; pjsalvage.com.

2 Towel, \$45; natori.com.

3 Sunglasses, XOXO, \$28; fantaseyes.com.

4 Hat, H&M, \$12.95; hm.com for locations.

5 Flip flops, \$22; us.havaianas.com.

Be bad.

Snack well.

NEW SNACKWELL'S FUDGE DRIZZLED CARAMEL POPCORN.
DELICIOUSLY INDULGENT, PERFECTLY PORTIONED.
AT 130 CALORIES, **THEY LET YOU BE BAD, AND STILL BE GOOD.**





Naomi Watts shows off her cute son, cute bod, and nothing embarrassing.

Q *I hit the beach with my kids, which means little hands pulling at my top, and me crawling after runaway buckets. Got a suit for all that?*

Your solution: not-too-bare suits (from chic maillots to kicky two-piecers) with sturdy straps—or strings you can double-knot!



L.L. Bean, \$105 (sizes 8–18), \$110 (sizes 8–18 long and 8–18 D cup), \$115 (sizes 18W–24W); llbean.com.



Beach Belle, top, \$38, bottom, \$28 (both, sizes 8–24W); swimsuitsforall.com.



SO KID PROOF! SO

PRETTY

Calypso St. Barth for Target, top, \$24.99, bottom, \$22.99 (both, sizes XS–XL); target.com.



Echo, \$118 (sizes 4–12); echodesign.com.



Gap, top, \$36.95, bottom, \$34.95 (both, sizes XS–XL); gap.com.



Anne Cole Signature, \$94 (sizes 6–16); 212 944 0317 for stores.

Tips from our swimsuit therapist, fashion director Audrey Slater

- Beware the boy short, unless you are blessed with very long legs. They provide coverage, sure but they'll also visually shorten your lower half.
- Go a size up. Swimsuits are usually cut small, so save yourself from dressing room depression and pick a size larger than you usually wear.
- If you're between sizes, suits that involve ties (whether a halter one piece or a string bikini) will give you the most custom fit.
- Shop online. Trying on just feels better at home.
- Most important rule of all: Chill out, have fun, and stop worrying about what you look like!



Sally Hansen®

NEW

Beauty Tools Redefined

**EVOLVED
TO PERFECTION**

Sally knows you want beauty with brains. We've developed a breakthrough collection of expertly designed beauty tools that have all your specific needs in mind. Precision tips and textured grips allow for sure-handed, targeted, salon results at home. Now you can Nip, Clip, Tweeze, Curl, and File with comfort and ease. So get a grip...beautifully.

- Precision tips ✓
- No slip grips ✓
- Optimal control ✓
- Ergonomic design ✓

Beauty that Works



MANUFACTURER'S COUPON EXPIRES 7/31/11

Consumer: Only one coupon is redeemable per purchase and only on specified products and sizes. You pay any sales tax. May not be reproduced, purchased, traded or sold. Any other use constitutes fraud. Retailer: You are authorized to act as our agent and redeem this coupon in acceptance with Coty Coupon Redemption Policy: face value plus 8¢. Send coupons to: Coty US LLC, P.O. Box 870135, El Paso, TX 88587-0135. Cash value 1/100 of 1¢. Good only in the U.S.A. Void where prohibited.

0075280-081371



5 75280 20076 6 WorldMags



Save \$1.00

on any Sally Hansen Beauty Tool purchase of \$2.00 or more

Sally knows precision. For more go to sallyhansen.com
Available in the Beauty Tool section of your local retailer.

Sally Hansen®



OMO Norma Kamali, \$98 (sizes S–L); norma kamali.com.

Q *I can't go through this again next year—or maybe ever. Please, is there a trend-proof suit that I'll want to wear forever?*

The key is to look for classic silhouettes and solid colors. The ones below might be slightly pricier, but they'll last.



Nanette Lepore, top, \$75, bottom, \$69 (both, sizes XS–L); nanetteleapore.com.



Voda Swim, \$127 (sizes S–L); vodaswim.com.



Shoshanna, top, \$84 (sizes P/S–A–M/L–DDD), bottom, \$75 (sizes XS–XL); saksfifthavenue.com.

TOTAL RETRO GLAM

NOW THAT YOU LOVE IT, TAKE CARE OF IT!

The ball will prevent your suit from stretching out in the machine, and this mild, all natural soap will keep the colors pretty far longer.



Vaska Herbatergent, \$9.99; Target.



Berry Ball & Bag by Berry Perry, \$13.99; comforthouse.com.

Q *I don't plan on getting wet—or moving from my chaise. What's the swim version of a cocktail dress?*

Voilà: printed, tastefully bejeweled, and gorgeous.



Jessica Simpson, \$88 (sizes XS–L); Macy's.



Paris Hilton ain't going for a dip in this setup!

HILTON: SPLASH NEWS.



Sally Hansen®

Spray On
Perfect Legs
In An Instant

Airbrush Legs®

Sally knows you want flawless legs, without stockings! Spray-on makeup evenly covers imperfections and gives you a natural sun-kissed glow. Advanced formula with Palmaria Extract helps stimulate micro-circulation for firmer looking legs.

Silky smooth, gorgeous legs
are just a spray away!

Water Resistant ✓

Streak-free ✓

Long Lasting ✓

4 Natural Shades ✓

Available in the Sally Hansen section.

Beauty that Works



Sally Knows Legs
For more go to sallyhansen.com

SUMMER'S BEST COVER-UPS

These are so adorable, you'll want to wear them with or without a swimsuit underneath.



Light material, cool print: Jessica Alba gets coverage the right way.



J. McLaughlin, \$98;
jmclaughlin.com.



Old Navy, \$39.94;
oldnavy.com.



Sir Alistair Rai, \$48;
siralistairrai.com.



Ella Moss Swimwear, \$143;
swimspot.com.



Echo, \$42; echodesign.com.



Carve Designs, \$62;
carvedesigns.com.



Splendid Swimwear,
\$97; splendid.com.

COVER-UPS: PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. ALBA: SPLASH NEWS.



Sally Hansen®

NEW!

Put The Treat In Treatment

Manicure & Pedicure SALON ESSENTIALS

Sally knows how to get a
salon mani-pedi at home.

Now this collection of hand and foot
treatments, with scientifically advanced
formulas, delivers beautiful results
you can see and feel.

Specialized hand cremes deliver 24
hour moisturizing care. Exclusive foot
treatments pamper as they perfect.
So go ahead and treat yourself, it's easy.

Available in the Sally Hansen section.

Beauty that Works



Sally Knows Hands & Feet
For more go to sallyhansen.com

Make it casual-chic this summer



Did we mention she's married to McDreamy?



The Dempseys own mini donkeys!

Unfussy and unbelievably cute: Tank, Fraiche, \$66; laydeeboutique.com. Sweater, The Limited, \$80; thelimited.com. Jeans, Levi's Curve ID, \$60; levi.com. Necklace, True Birds, \$48; truebirds.com. Sandals, Franco Sarto, \$70; nordstrom.com.

Aviators are a must: Nicole Miller, \$160; nicolemiller.com.



French luxe at a nice price

Patrick gave Jillian a classic Hermès Birkin bag for her birthday. A less pricey choice: AMI Clubwear, \$49; amiclubwear.com.



With a mega job and three kids, **Jillian Dempsey** goes flat out. But her clothes say "this is easy."

Jillian Dempsey can go to work in jeans for her job as Avon's global creative color director, and as makeup artist for such red carpet regulars as Kate Winslet, Kristen Stewart, and Thandie Newton. But she has to look good—*always*. So she follows these rules (and they work for anyone):

■ **Keep it simple.** "Laid-back looks fit my personality and my Southern California lifestyle—I like my clothes to be easy and functional. On shoot days, that means a pair of jeans dressed up with a ladylike camisole top. I'll add a cardigan to wear in freezing studios and take it off if we go outside. Layers keep me prepared for anything."

■ **Have a quick-polish makeup routine.** "On most days I just dab concealer under my eyes and around my nose, curl my lashes, smudge some liner under my eyes—so it looks worn, but in a good way—and put on mascara and lip stain. Then, for a hint of color on my cheeks, I use Avon's B Blush stick. It's a basic routine that helps me look a little more professional in a hurry."

■ **Be yourself.** "Even when I try something new, like a look I saw on Kate Moss, I do the Jillian Dempsey version. You look best when you feel like yourself."

◀ Stocked in here: Earthling Organics Rawnola bars ("a great, non guilty snack"), her BlackBerry, Avon Glazewear Lip Gloss in clear (\$6; avon.com), Jillian Dempsey for Avon Professional Kohl Eyeliner in black (\$6; avon.com), Colorsience Sunforgettable SPF 30 pressed powder (\$60; color science.com), a Canon EOS 5D camera, and In Fiore "Night Queen" body oil: "It smells delicious!" (\$68; infiore.net).

BAG X-RAY

It's a fast beauty kit: "I can do my makeup at stoplights!"



Banana Boat® Baby SPF50+ is tear-free and sting-free



Banana Boat® Baby Sunscreen SPF50+ is clinically proven not to cause tears and stinging. We ensure tantrum-free fun at beaches and pools throughout the day. **Banana Boat® We've got you covered.**

Many other baby sunscreens are neither sting-free nor tear-free, which sounds like no day at the beach.



Not so much when it comes to many other baby sunscreens

Bored of your outfits? Add this cardigan!

With a slim, stretchy cut and a hint of golden sparkle, this cardigan is packed with fashion y energy. White House Black Market, \$88; whbm.com.



◀ Turn heads at the park

Claim the "Hippest Mom at the School Picnic" award in a kicky mix of colors and prints.

Scarf, Fraas, \$40; 212 575 0191 to order. Tank, Aerie, \$15.50; aerie.com. Belt, \$12.94, shorts, \$19.50, both Old Navy; oldnavy.com. Slip ons, Keds, \$45; keds.com.



Go boho-chic in a frilly, dangly silver, and jeans, then add upscale earth-mama. Headed to work? Swap your Levi's for a crisp and a simple cami, then cinch with a and to the office you go. It's time for drinks! Grab a and some fun, a summer-y clutch to hold all of your stuff, like this —and a jumbo margarita.



◀ Be an uptown girl

Updates of society lady staples (chunky beads, T strap heels, knee length shift) make this look cool not stuffy.

Dress, Ann Taylor, \$158; annaylor.com. Necklace, Curations With Stefani Greenfield, \$39.95; hsn.com. Clutch, Accessorize, \$49; accessorize.com. Heels, White House Black Market, \$98; whbm.com.



Top, American Living for JCPenney, \$42; americanliving.com. Earrings, Accessorize, \$28; accessorize.com. Clogs, Hasbeens for H&M, \$60; hm.com for locations. Skirt, Gap, \$60; gap.com. Belt, Raina Belts, \$95; rainabelts.com. Flats, Restricted, \$65; Kitson, 310 859 2652. Shirt, Talbots, \$70; talbots.com. Bag, Vans, \$35; vans.com.



◀ Get a little romantic

It's a girly girl fantasy gleamy cardi, gorgeous skirt, lacy top that still manages to feel so sophisticated.

Necklace, American Living for JCPenney, \$40; JCPenney. Tank, Loft, \$36.50; loft.com. Skirt, L.L.Bean Signature, \$129; llbeansignature.com. Ring, Eden Jewelry, \$98; shoppedenjewelry.com. Shoes, Call It Spring, \$49.99; myspringshoes.com.



Send your ➤ suit packing

In place of a blazer and belted over silk pants and a bright top, the effect is polished... yet the nicest bit relaxed.

Shirt, Loup, \$70; louponline.com. Necklace, Avon, \$29.99 for set with matching earrings; avon.com. Belt, Ann Taylor, \$38; annaylor.com. Pants, In Add Minus, \$130; inaddminus.com. Bag, Eric Javits, \$395; Nordstrom. Heels, Ash, \$185; ashfootwearusa.com for store info.



◀ Have the prettiest day off

Perform magic on a breezy sundress with this cardi and a boyish belt. Presto! It's now perfect for after sundown too.

Dress, French Connection, \$148; cusp.com. Necklace, American Eagle Outfitters, \$12.50; ae.com. Belt, The Belt by Joe's, \$65; joesjeans.com. Wedges, MYMU, \$298; mymuworld.com.



WHAT WOULD Gwen Stefani DO?

Glam! Sizzle! Pop! She gets all that from a swipe of L'Oréal Paris Infallible Le Rouge in Ravishing Red, \$9.99; drugstore.com.



FUNKY

She's a mix master, pairing exotic with classic, boyish with sexy.



CHILL

Bright stripes, a cute cap, a hint of bare skin and, oh yeah, Gwen looks pretty awesome too.



FANCY

Her fail safe dressed up formula: Wow 'em with a bold pattern and a lot of leg.

Steal Gwen's style! This rock star mom has a fearlessly cool look that says, "Hey, I'm having fun." So why shouldn't you?



■ If you swore off cropped tops in 1989, go short *ish* (just covering your tummy) for the same sexy effect. Hat, San Diego Hat Co., \$54; sandiegohat.com. Top, The Limited, \$44.90; thelimited.com. Bag, L.A.M.B., \$298; Nordstrom. Wedges, AMI Clubwear, \$25; amiclubwear.com. Sunglasses, Urban Outfitters, \$14; urbanoutfitters.com.



■ Loafers are charmingly laddish with jeans.

Hat, Quagmire, \$25; quagmirestyles.com. Shirt, Tees by Tina, \$48; teesbytina.com. Loafers, Sebago, \$90; sebago.com. Belt, Silpada Designs, \$74; silpada.com. Jeans, H&M, \$39.95; hm.com for store locations.

■ Give a girly dress some attitude with black platforms and slightly wild jewelry. Dress, Lulu's, \$61; lulus.com. Cuff, Accessorize, \$20; accessorize.com. Pumps, Pelle Moda, \$149; Bloomingdale's. Bracelets, Ettika, \$44 to \$56 each; ettika.com.



Tough cuff!





Happy Father's Day from Milk's Favorite Cookie.

Share your Oreo moment with us, and we'll share it with the world. [Facebook.com/oreo](https://www.facebook.com/oreo).

“Rocking sleeveless styles makes me
feel powerful and feminine.”

Jessica Szohr, Actress



Get ready for sleeveless season with
Dove® go sleeveless deodorant.

Design your own sleeveless top at
dovegosleeveless.com and win a trip
to go shopping with Jessica Szohr
in New York City!

No purchase necessary. Void where prohibited. Dove® go sleeveless Fashion Challenge is sponsored by Conopco, Inc., d/b/a Unilever. Open to women who are legal residents of the 50 U.S. & D.C., 18 & older. Begins 12:01 a.m. ET on 4/4/11 & ends 12:00 p.m. ET on 5/27/11. For official rules, visit www.dovegosleeveless.com

BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

5 TRICKS FOR...

Gorgeous air-dried hair

- Secret weapons for your shower.
- Pretty waves that just happen (seriously, retire your iron).
- New, improved bed-head... and more! By Cristina Mueller

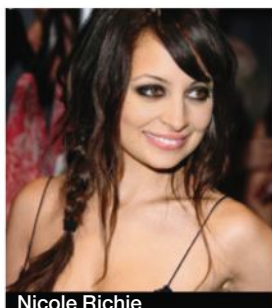
1 GET A HEAD START



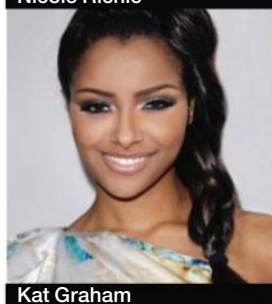
"To get hair that air-dries perfectly, begin in the shower," says John Frieda stylist Harry Josh. It's all about conditioning, because the healthier your hair is, the smoother and more compliant your cuticles (the "scales" on the hair shaft) will be and the less weirdly it will dry. Do a deep conditioning treatment like Organix Renewing Moroccan Argan Oil Treatment (above), \$7.99, every two weeks, and let it sink in for at least 10 minutes. (Hey, you're not blow-drying—you can spend a little extra time in there!) Post-shower, a big dose of leave-in conditioner works wonders for wet curly hair. And for fine hair, says Kattia Solano, the owner of Butterfly Studio in New York City, smooth a bit of oil (she likes Kérastase Elixir Ultime, \$50) onto dried ends for extra moisture and shine.

3 LOOSEN YOUR BRAID

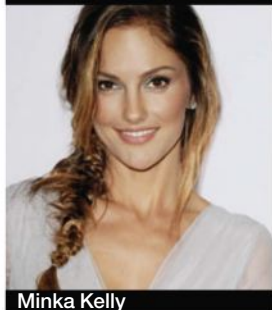
The gently mussed side braid has an unfussy edge and works with, not against, the added texture you get from air drying. First, let hair dry completely. (If you're naturally curly, you won't need to add a thing; if your hair's wavy or straight, build in body and piecey ness with volumizer.) Create a deep side part by flinging your hair over to one side, then gather all your hair together and braid away. If it looks too schoolgirl ish, scrunch your fingers into your roots to mess it up a bit and free a few tendrils. Finish with a blast of hairspray.



Nicole Richie



Kat Graham



Minka Kelly

4 SLEEP ON IT

At last, a use for those ancient tees stuffed in the back of your drawer: supersoft rollers. "In French, it's called *en papillote*, and it gives you loose curls overnight," says stylist Ward Stegerhoek. To get romantic ringlets, shower at night and rake a mousse (he likes Living Proof Full Thickening Mousse, \$26) through damp hair. Cut a T-shirt into 6x1-inch strips, double them up, and wind big sections of hair around them. Roll each one up like a curler, tie the ends in a knot, and hit the sack. (We tried! It's comfy!) In the a.m., untie and tousle.

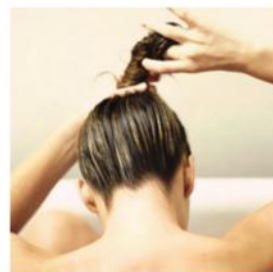


2 Do ropy waves

We got this excellent idea from Solano: When hair is 80 percent dry, scrunch in a salt spray like Paul Mitchell Awapuhi Wild Ginger Texturizing Sea Spray (below), \$17.50, from roots to ends. Working in one- to two-inch sections, twirl locks of hair around your finger. If hair is limp, give each section a short burst of hairspray while it's still damp. Then, hands off while it's drying; this prevents frizz. When hair is totally dry, flip your head over and shake it out—you'll stand back up to soft, sexy ripples.



5 Try the bun trick



For a few happy days of flyaway-free hair, put wet hair into a bun and let it dry: The bun compresses all the cuticles, says Josh. Comb a smoothing cream through wet hair, then coil it up and twist it around itself into a knot. To fix it in place, we love Goody's Spin Pins (\$6.29 for two); just screw one in at the top of the bun, one up from the base, and boom—you're done.



Swim solutions for every body.
See them all at landsend.com
GUARANTEED. PERIOD.



SCREEN GRAB

3 ways to be a **retro** babe

In *X-Men: First Class*, January Jones is a '60s-era ice-queen bombshell—a perfect combo of Grace Kelly and Brigitte Bardot. Frances Hannon, the film's hair and makeup designer, told us how she made her look so hot *and* so cool. (Sorry, we can't help you with the bionic boobs.)

Barely there lips: Hannon offset January's creamy skin with nude lips. "I applied a pinky nude lipstick, then put a clear gloss with loads of sparkle on top to bring it to life."

Mod eyes: She smoothed a rose cream shadow onto January's lids and layered a transparent, shimmery white one on top to achieve a soft, frosty pink. Then she defined her eyes with black liner and black mascara.

Bodacious hair: After adding "pale blonde highlights" and extensions to January's jaw-length bob, Hannon used a large curling iron to create big, bouncy waves. Texturizing powder, worked into her roots before back-combing, added extra fullness at the crown.



Try (from top) Make Up For Ever Aqua Cream eye and cheek color in #16, \$22; Chanel Rouge Allure lipcolor in Insouciance, \$32; Chanel Glossimer in Aragonite, \$28.50; Benefit Badgal pencil in black, \$20; Clinique High Impact Curling Mascara, \$14.50; Schwarzkopf Dust It mattifying powder, \$22.

DO I NEED...

...to stick to one line for all of my skin care?

It depends. "If you're using basic skin care moisturizers, SPF's, cleansers it's fine to mix and match," says Chicago dermatologist Amy Derick. "But if you introduce active ingredients, such as retinoids or alphas hydroxy acids, and you're not seeing a dermatologist, stay within one line, as some ingredients can counteract the effects of others. For example, benzoyl peroxide can neutralize retinol, so your skin won't reap its benefits."



DDF Advanced Firming Cream, \$130; Pro Retinol Energizing Moisturizer, \$88; Advanced Micro Exfoliation Cleanser, \$46.

A D.I.Y. RECIPE FOR SEXY SKIN



Katy Perry, Charlize Theron, and other cele-beauties happily drop \$405 on the Ultimate Total Body Hydra-Dermabrasion Resurfacing treatment (a major radiance booster) at the Ole Henriksen Face/Body Spa in Los Angeles. Ole adapted the recipe for REDBOOK—and it costs only \$10.

Shower smoothie

- 2 oz wet coffee grounds
- 2 oz Epsom salts
- 1 ripe avocado, mashed
- 2 oz plain Greek yogurt
- Sunflower seed oil

In a medium bowl, mix coffee grounds and salts. In another, mix avocado and yogurt. Combine the contents of both bowls, stirring thoroughly. Mix in

just enough oil to make a smooth not runny paste. Now step into the shower, get wet, and turn off the water. Here comes the fun part: "Using the entire palm of each hand, vigorously scrub your body from feet to neck for several minutes,"

Henriksen says. When you're done, just rinse and glow. Bonus: "You'll feel an immediate lifting and constricting of the skin from the coffee and incredible smoothness too."





 Visibly more beautiful skin from the most unexpected of places – your shower.

Introducing Dove VisibleCare, our new revolutionary line of body washes that actually improves the look of your skin. With our highest concentration of NutriumMoisture™, you'll see visibly more beautiful skin in just one week. **NEW DOVE VISIBLECARE CRÈME BODY WASH**

dove.com



Average results in 1-3 weeks of daily use, based on clinical testing. In home use testing, consumers noticed visible improvement after 1 week. Photos shown reflect clinical improvement at 3 weeks.

9 LITTLE SUMMER FINDS THAT MAKE EVERY WOMAN SEXIER



1 What skin craves In the bottle, this lotion looks like a Willy Wonka creation. On your body, it's soft, glistening, and tropically scented. Calgon's Swirl Body Cream in Tahitian Orchid, \$4.99.

2 Endurance eyeshadow This marbled blend is water-, sweat-, and crease-proof, leaving lids color-saturated for hours. Giorgio Armani Eyes to Kill Intense Shadow in Airy Jade, \$32.

3 Get handsy So what if you look like Mickey Mouse in the shower? Body buffing is so much more efficient with EcoTools Recycled Bath & Shower Gloves, \$3.99 for a pair.

4 Old cleanser, new trick Mix a pinch of this magic dust into your favorite cleanser and presto: a gentle, D.I.Y. scrub. Lather Facial Polishing Powder, \$11.

5 Good and tasty Mango-scented, antioxidant-filled, and hydrating, these tutti-frutti lip tints (here in Succulent Pomegranate) are better than Popsicles. Yves Saint Laurent Volupté Sheer Candy Collection, \$30 each.

6 Lacquer lust We've been crushing on this happy, New Wave hue. Now we just need a Wham! reunion. Chanel Limited Edition Nail Colour in Mimosa, \$25.

7 Color you control A rotating top releases as much or as little as you need from each of these powders to create a perfectly customized shade. E.L.F. Personal Blend Foundation SPF 15, \$8.

8 Flushed in the prettiest way The pain-free route to summery pinched cheeks and bitten lips. Benefit Chachatint peach-tinted lip and cheek stain, \$28.

9 Fresh air This light fragrance blends apple, lemon, and Bulgarian rose. Stella McCartney Sheer Stella, \$63 for 3.3 oz.

PHOTOGRAPHED BY GREG MARINO/STUDIO D.

**“my
sugar daddy
always treats you right.”**

Everyone looks pretty in pink. I created a multitude of scrumptious shades, each complete with its own attitude. Every one of my pinks will take you out...in style.

Essie

5 perfect pinks.
indulge in many more.



watermelon



fiesta



pink diamond



fiji

DBP, Toluene and
Formaldehyde free



sugar daddy

America's nail salon expert.
Since 1981. essie.com

BE BEAUTIFUL {and safe} THIS SUMMER

PRACTICE SUN SAFETY AND VISIBLY REDUCE THE SIGNS OF AGING

The sun is a skin-damaging factor, and its harmful rays can have long-term effects. That's why it's important to avoid prolonged sun exposure. Before you go outside this summer, make sure you follow these tips to help safeguard your skin:

- **Apply sunscreen before you get dressed** so you can get to those hard-to-reach spots. Then when your swimsuit moves around, the skin that gets exposed is still protected. Make sure your upper back, neck, and ears are covered, as these areas are often overlooked.
- **Slather on sunscreen** that absorbs UVA and UVB, like **AVON ANEW Solar Advance**. This broad-spectrum sunscreen helps protect against harmful rays.
- **Be prepared** by always having sunscreen on hand. Keep a bottle in your beach tote, glove compartment, and/or gym bag.
- **Reapply sunscreen frequently** even if you don't go in the water. You should apply protection at least every two hours if you are lazing around outside, and at least every 30 minutes if you're doing something active that's causing you to sweat.



*"I recommend this product, since it is such a **BREAKTHROUGH** combination between sunscreen and anti-aging, providing both sunscreen and visible anti-aging benefits."*

— DR. CHERYL KARCHER,
AVON CONSULTING DERMATOLOGIST

NOW DO MORE THAN JUST PROTECT... REVERSE VISIBLE SUN DAMAGE*

Introducing AVON ANEW Solar Advance—the first anti-aging sun care line with Repair Shield™ Technology. Formulated to protect and provide visible anti-aging benefits, this breakthrough product line is designed to:

- ✓ **REDUCE** the look of wrinkles and visibly diminish discolorations**
- ✓ **REPAIR** 50% of skin cell damage in 24 hours, based on in-vitro testing***
- ✓ **PROTECT** by boosting the skin's own antioxidants to help fight free radicals
- ✓ **PROVIDE** broad-spectrum UVA/UVB protection

*Based on a consumer perception study.

**Using ANEW Solar Advance Face Lotion.

***Measured in reconstructed skin after UVB exposure equal to approx 10 minutes of summertime sunlight at 40° N lat.



The Skin Cancer Foundation recommends ANEW Solar Advance as an effective UVA/UVB sunscreen.

AVON

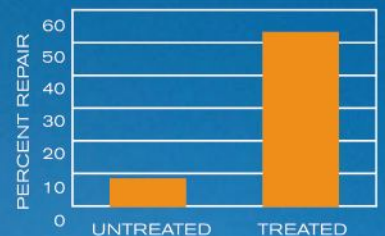
TO LEARN MORE ABOUT AVON ANEW SOLAR ADVANCE, VISIT AVON.COM OR CALL 800-FOR-AVON

INTRODUCING ANEW SOLAR ADVANCE

Patented RepairShield™ Technology with UVA/UVB sunscreen is shown in in vitro testing to repair 50% of skin cell sun damage in 24 hours**

For younger-looking skin, even under the sun.

IN VITRO REPAIR OF SKIN CELL SUN DAMAGE AFTER 24 HOURS**



WANT IT? GET IT.
CALL 800-FOR-AVON
OR VISIT AVON.COM

NOW DO MORE THAN JUST PROTECT...
REVERSE VISIBLE SUN DAMAGE*



*Based on a consumer perception study.
**Measured as repair of DNA damage in reconstructed skin after UVB exposure equal to about 10 minutes of summertime sun exposure at 40 degrees N latitude. The Skin Cancer Foundation recommends Anew Solar Advance as an effective UVA/UVB sunscreen.



© 2011 AVON Products, Inc.

Hot tips for summer nights

These beauty ideas will make you look and feel sexy, whether you're prepping for date-night-with-the-works or you just want to run out for ice cream looking extra-pretty. Pick one to try, pull on something bare-ish, then focus on the *really* important decisions: mojito or mai tai? action or rom-com? Cherry Garcia or Chubby Hubby? By Gina Way

Lierac Paris Sensorielle Oil, \$34.



MAKE YOUR SKIN SHINE

There's nothing more sensual than a little after-hours gleam on your décolletage and legs, as Mila Kunis demonstrates at left. A natural oil is the best way to get it, but you don't want to look or feel greasy. Sally Blenkey-Tchassova, owner of Brazil Bronze Glow Bar in New York City, suggests dabbing a bit of oil onto extra-dry spots like elbows and knees, then using a dry washcloth to rub it in and buff it across other areas, like your shoulders and calves.

STILLS: PHOTOGRAPHED BY GREG MARINO/STUDIO D. TOP: ANNE MENKE/PMI/TRUNKARCHIVE.COM. KUNIS: GETTY IMAGES.

COVERGIRL®

DANIA RAMIREZ



2 steps to a 3-D lip look.

outlast lipstain + shineblast
color and shine highly defined

Start with a flush of lasting color from Outlast Lipstain. Add depth with the glossy shimmer of Shineblast. Do it with two of lipwear's most precise applicators, and ta-da, luscious lips with dimension. easy breezy beautiful COVERGIRL

Tell us what makes you a Covergirl @ [facebook.com/covergirl](https://www.facebook.com/covergirl)

Dania gets dimensional with Outlast Lipstain in Saucy Plum and Shineblast Lipgloss in Glean.

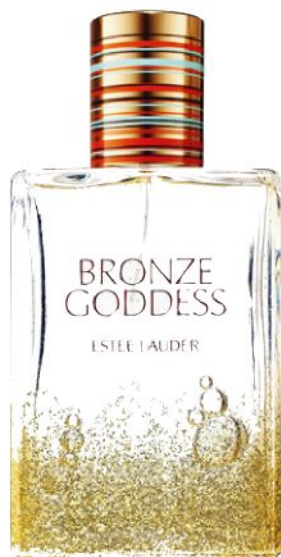


EMBRACE IMPERFECT HAIR

"Summer evening hair should be slightly untamed, so it looks like the sun and humidity just created a natural, subtle bend," says hairstylist David Babaii, who's known for making stars like Scarlett Johansson, Kate Hudson, and Gwyneth Paltrow look gorgeously unkempt. His trick: Take random two- or three-inch sections of hair and wrap them around a large barrel curling iron. Hold for just 10 seconds, release, and shake out the curl before it cools.



Did Scarlett Johansson just muss up her hair and go? Practically.



EASE UP ON FRAGRANCE

A light form of perfume, such as eau de toilette or eau fraîche, won't overpower on a hot night. Or skip perfume and wear a lotion or gel



version of your favorite scent. "It's less concentrated," says Karyn Khoury, senior vice president of fragrance development for Estée Lauder. The upshot: Only someone near you can detect it—how sexy is that?

From top: Estée Lauder Bronze Goddess Eau Fraîche Skinscent, \$55; Chanel Chance Eau Fraîche Shimmering Touch Body Gel, \$50.

GO FOR A JUICY LIP

A n of-the-moment fuchsia, red, or '50s coral lipstick paired with minimal other makeup is smoking hot for evening (exhibit A: Zoë Saldana, below). "Think Elizabeth Taylor circa 1970s Saint-Tropez," says makeup artist Joanna Schlip. The right texture and application technique are key: Dab a creamy lipstick onto your lips straight from the tube, then gently smooch them together and blot with a fingertip.



Bobbi Brown Rich Lip Color SPF 12 in Cosmic Raspberry, \$22.



USE CONDITIONER AS A STYLER

To make your hair touchable, skip heavy-duty products. "Go for an effortless hairstyle as opposed to a hairdo," says Gwen Stefani's stylist, Danilo. "To achieve this, use a conditioning spray rather than stiff hairspray or gel." Mist a leave-in conditioner (like Pantene Medium-Thick Hair Solutions Detangler, left, \$3.99) through damp hair, then dry it with a diffuser. "The less you work your hair, the more your natural texture comes into play."

Introducing Venus®
PROSKIN
MOISTURERICH™

The only razor with MoistureRich™
shave gel bars, enhanced
with a triple blend of body butters
for comfort. They help protect
your skin with every close stroke.

Leaving you with beautiful
smooth skin that is free of worries.

And your goddess free to be.

GilletteVenus.com

“BEAUTIFUL SKIN
NEEDS PROTECTION.”

– Jennifer Lopez



Venus.

REVEAL THE GODDESS IN YOU.®

TRY A DESERT-ISLAND HAIR ACCESSORY



A summer night is prime time to tuck a fresh flower in your hair, especially if you're on vacation. Arrange your hair first (in a twist, ponytail, or half-up/half-down style) and add the flower where hair has been clipped or pinned. "Run a hairpin through the flower's stem to help secure it," says Danilo, "and make sure to use a bloom that will survive the night, like a small orchid or a sprig of freesia." Really feeling one with nature? Make an organic headband: Stylist Ward Stegerhoek, who did the hair for *Sports Illustrated's* 2011 swimsuit issue, ties a strand of leather or raffia around a flower or weaves it through a few tiny seashells and wraps it around the head, knotting it at the nape.

KEEP SKIN MAKEUP TO A BARE MINIMUM



You want your face to look naturally radiant, like you have no product on at all," says Schlip. If you're fair, apply concealer only where you need it (under the eyes, around the nose), then dust bronzing powder that's two shades darker than your skin over your face and neck. If you have a dark complexion, even it out with bronzing powder in a skin-matching shade. Feel naked without coverage? Use tinted moisturizer instead of foundation—but we say you don't need it!



Physicians Formula Happy Booster Glow & Mood Boosting Powder, \$13.95.



SMELL LIKE SUMMER VACATION

"Body heat amplifies and radiates fragrance, so in the summer it's a good idea to wear a scent with cool citrus, aquatic, green, or floral notes," says Anne McClain, owner of MCMC Fragrances, a boutique perfume company in Brooklyn, NY. "It should have a natural, refreshing, clean scent, like fresh-cut flowers, grass, or sea air."



Bohemian braids.

TWIST, BRAID, OR KNOT IT BACK

"Tap into memories of being a kid in summertime and playing with your hair," Danilo suggests. Add texture by spritzing a sea spray at the roots of damp or dry hair, then section hair into four parts: sides, top, and back. Gather the back section into a ponytail, then twist or braid the sides and top and pull them back, attaching each to the ponytail base with a hairpin. Even easier: Do one small braid and work it into your bun or pony. "It's meant to look funky and interesting, not perfect and neat," Danilo says. For inspiration, see Rachel McAdams's loosely plaited updo, above.

the nose knows:

Don't mask odors, neutralize them!

Dr. Rolanda Johnson* Procter & Gamble's health and beauty expert, gives us the lowdown on sweat and how to deal with underarm odor naturally.



why we sweat

Sweating is your body's way of cooling you down naturally. When you participate in physical activities like running, experience stressful situations or have an emotional experience, your core temperature will rise, and you sweat to bring it back to normal.

When you sweat in areas of your body that are not normally exposed to air circulation, like your underarms, bacteria will grow and the moisture from sweat reacts with it to release an odor.

why sweat smells

NEW SECRET INNOVATION: NATURAL MINERAL



Secret

NATURAL MINERAL ANTIPERSPIRANT

Strong wetness protection meets naturally-derived odor-neutralizing power to keep you fresh all day.

Now in 3 light scents: Lemongrass Mint, Eucalyptus Blossom and Unscented.

HOW DOES THIS ANTIPERSPIRANT WORK?

Secret Natural Mineral contains naturally-derived odor fighters and the mineral calcium carbonate to help neutralize underarm odors instead of masking them with a heavy scent. Along with this naturally-derived feature, there is the same wetness-fighting power and protecting strength that you can expect from Secret.

THE SECRET MINERAL EFFECT: CALCIUM CARBONATE

A naturally occurring mineral that is present in Secret Natural Mineral antiperspirant. It works when you sweat to activate naturally-derived odor-fighting capsules to neutralize odor instead of masking it with a heavy scent.



HOW TO COMBAT SWEAT & ODOR

naturally

A few lifestyle tweaks can affect the odors your body releases and how often you sweat.

Avoid extra helpings of red meat, caffeine and alcohol—they raise your core body temperature, making you produce more sweat to cool down.

Ditch excess garlic, smelly fish and pungent food seasonings. Consuming foods that give off a strong smell will make the odors that your body releases more powerful.

Bottoms up! Drinking plenty of water and eating snacks from your fridge or freezer keeps your core cool, so there is less need for you to sweat.

Wear loose-fitting, natural-fiber clothing (like cotton), around areas of your body that are prone to sweat often so that they get enough air circulation.

Learn more at: facebook.com/Secret

*Dr. Rolanda Johnson has a Ph.D. in organic chemistry and is a seven-year veteran of Procter & Gamble.



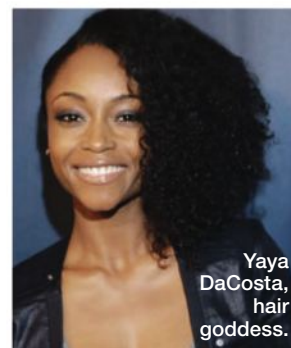
Borrow her look, minus the boots and whatever those things are wings?

LOOK GREAT UPDATE



CREATE A CANDLELIT EFFECT

Makeup artist Christopher Ardoff, who turns the Victoria's Secret models into celestial hotties, uses an angled contour brush to skim the faintest hint of VS Makeup Brilliant Shimmer All Over Powder (above, \$14) on a few key spots: cheekbones, brow bones, and the inner corners of the eyes. He also grazes shoulders, clavicle bones, and shins. "It makes skin appear dewy, not sparkly," he explains.



Yaya DaCosta, hair goddess.

DO A BIG SIDE SWEEP

Girls with coarse or kinky hair know that going from the pool straight out to dinner does not happen," says hairstylist Nelson Vercher of the Rita Hazan Salon in New York City, who has worked with Iman and Kelly Rowland. "The best idea is to create a balance of control and chaos by pulling some hair off your face and letting some fall loose and free." To get "a totally now version of a disco '80s look," Vercher says, apply a styling cream (he uses Jane Carter Solution Condition & Sculpt, below, \$9) to damp hair. Diffuse or air-dry, then finger-comb the hair on one side over to the other "so you have fullness falling over one shoulder." Hold the pulled-over side back with bobby pins attached at two or three spots from the crown to the nape.



STAIN YOUR KISSER WITH KOOL-AID

To give bright lipstick extra staying power, Schlip first makes a paste with a little water and Kool-Aid mix (we think the Tropical Punch and Cherry flavors are the most flattering) and paints it on with a Q-tip. It works as a base, but you can also skip lipstick entirely and just wear this carefree, candy-like tint alone. But prepare to commit (at least until it wears off): This tasty color isn't budging.



TRY A SLIGHTLY SMOKY EYE

For a molten eye that looks soft and shimmery, not dark and dramatic, Ardoff smudges a creamy, copper-hued eye pencil (his pick: Nars Soft Touch Shadow Pencil in Skorprios, above, \$24) into the top lash lines, then sets it with a powder eyeshadow in a similar shade (try DuWop Amber Eyes Single, left, \$18). For maximum smolder, focus the color as close to lashes as possible.

MODEL: WIREIMAGE/GETTY IMAGES. DACOSTA: FILM MAGIC/GETTY IMAGES. KOOL-AID: CAROLYN TAYLOR PHOTOGRAPHY/GETTY IMAGES.

Olay

TOTAL effects

dark circle minimizing
eye brush

Sweep

dab dab dab
smear
smudge dot

Why pile on the products when you can
SIMPLY SWEEP DARK CIRCLES AWAY?

©2011 P&G

NEW OLAY TOTAL EFFECTS DARK CIRCLE MINIMIZING EYE BRUSH

A sweep of color helps conceal dark circles. 7 anti-aging therapies reveal beautiful skin. So challenge all that dabbing and dotting, smudging and smearing. For **YOUNGER-LOOKING EYES**, it's a clean sweep.

*With plumping hydration. **Massage reduces excess under-eye fluid.

OLAY. CHALLENGE WHAT'S POSSIBLE.™

evens texture
evens tone
firms*
fights dryness
reduces the look of:
puffiness**
dark circles
fine lines

walk THIS way

PRESENTED BY

Zappos
.com
 POWERED by SERVICE®

This summer, it's all about sandals in all shapes and sizes. The season's big trend? Details, details, details! From buckles to zippers, the latest sandals are designed to stand out. **Brooke Hyden**, Zappos.com Style Expert, shares the must-have sandals to slip on this summer.



Trends & Tips

- 1 When your style is impeccable, there's no better asset than the tantalizing Damar dress sandal by Isola®. The adjustable buckled strap, platform midsole, and sleek heel give you leg-flattering height and sex appeal.
Isola® Damar, SKU: 7755976
- 2 Off to lunch in a flirty summer dress? Grab a pair of wedges—they're the perfect way to mix style and comfort. The daring combo of avant-garde style makes the Bonaire an exciting choice for your next lunch date.
Earthies Bonaire, SKU: 7755872
- 3 Make your outfit a bit funky by pairing cropped jeans with ankle-cuff flat sandals! The Bleeker Street sandal from Indigo by Clarks® has soft leather interior lining to keep you striding in comfort all day long.
Indigo by Clarks® Bleeker Street, SKU: 7745524
- 4 This classic sandal keeps reinventing itself! The latest reincarnation of the Birkenstock® is the Gizeh. Perfect for warm days and evenings, it has a thong silhouette and suede-lined footbed to cradle your foot with every step.
Birkenstock® Gizeh, SKU: 109117
- 5 Let the Reiko from Söfft® be your striking go-to bootie of the season. You can't go wrong with these strappy metallic peep-toes; they'll look great with dark jeans or a dress.
Söfft® Reiko, SKU: 7705657
- 6 Looking for a pair of shoes that will take you from work to play? The Yadora from Naturalizer® is the perfect versatile slip-on. The perforated design creates a contemporary look, and the gored panel at the heel allows for a secure fit.
Naturalizer® Yadora, SKU: 7721861


Brooke Hyden

Zappos.com Style Expert

 Find out more about Brooke at
www.zappos.com/meet-brooke

— Without —
SANDALS,
your feet would never know
IT'S SUMMER.

Everything from espadrilles to
gladiators. With thousands of
choices, your feet are sure to
get the message.



FAST & FREE SHIPPING
BOTH WAYS

HAPPY 24/7
TO HELP

1.877.927.2330

©2011 Zappos.com, Inc. or its affiliates ♦ www.zappos.com/casual-lifestyle ♦



Q I have such dark circles under my eyes. What can I do?

Looking this rested isn't just a pipe dream!



A

THE SLEEP EXPERT SAYS:

"One simple way to reduce dark circles is to get more sleep. Your circulation slows a bit with sleep deprivation, so blood pools below your eyes, where skin

Michael Breus, Ph.D., fellow of the American Academy of Sleep Medicine and author of *The Sleep Doctor's Diet Plan*

is extremely thin, and you can see it [in the form of circles]." How much sleep do you need to prevent darkness? "It's different for different people," Breus says.

"If you wake up and feel—and look—refreshed, add up how much sleep you got. That's your 'sleep need' number. I tell people that if you see dark circles under your eyes, take a picture. Then, get your 'sleep need' number every night for one week and take another picture. Comparing the two is a stark reminder of how much rest can help." If the circles don't go away, you could have a sleep quality problem such as apnea, so speak with your doctor.



A

THE DERMATOLOGIST SAYS:

"Dark circles can be hereditary—the skin there is thin to begin with, but for some, it's particularly thin, making the underlying blood vessels more

Amy Lewis, M.D., clinical assistant professor of dermatology at Yale University School of Medicine

visible." UV protection is crucial, because sun damage thins that skin even more. So wear sunblock and invest in a pair of shades treated to block 99 to 100 percent of UV rays (a key phrase to look for when shopping: UV absorption up to 400 nm). "Also, as you age, you lose fat volume under the eyes, causing a slight indentation that creates a shadow—which makes existing circles more pronounced," Lewis adds. Her treatment of choice: Lumière eye cream, which increases collagen and thickens skin around the eyes, reducing darkness.



A

THE MAKEUP ARTIST SAYS:

"A good, creamy concealer will do the trick." Try Almay Smart Shade Anti-Aging Concealer, which comes out of the tube white and then morphs

Sarah Lucero, Stila celebrity makeup artist

to match your skin, or Stila's Perfecting Concealer, \$23, which "melts in, leaves a smooth finish, and stays put all day," Lucero says. She advises applying concealer *after* foundation or tinted moisturizer so "you'll have a smooth, hydrated complexion on which your concealer will glide seamlessly." And apply it only where you need it: "Often just the inner area of the eye requires correcting and brightening." Last, invest in a good concealer brush (soft bristles make for the easiest blending). "The pressure of your fingertip can wipe away the product you're blending, and next thing you know, you're back at square one." JESSIE SHOLL

BRIGHT IDEAS



Ray-Ban Vagabond Sunglasses, \$145.



Aveeno Smart Essentials Daily Nourishing Moisturizer with SPF 30, \$15.59.



Lumière Bio restorative Eye Cream, \$80.



Almay Smart Shade Anti-Aging Concealer, \$9.99.

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

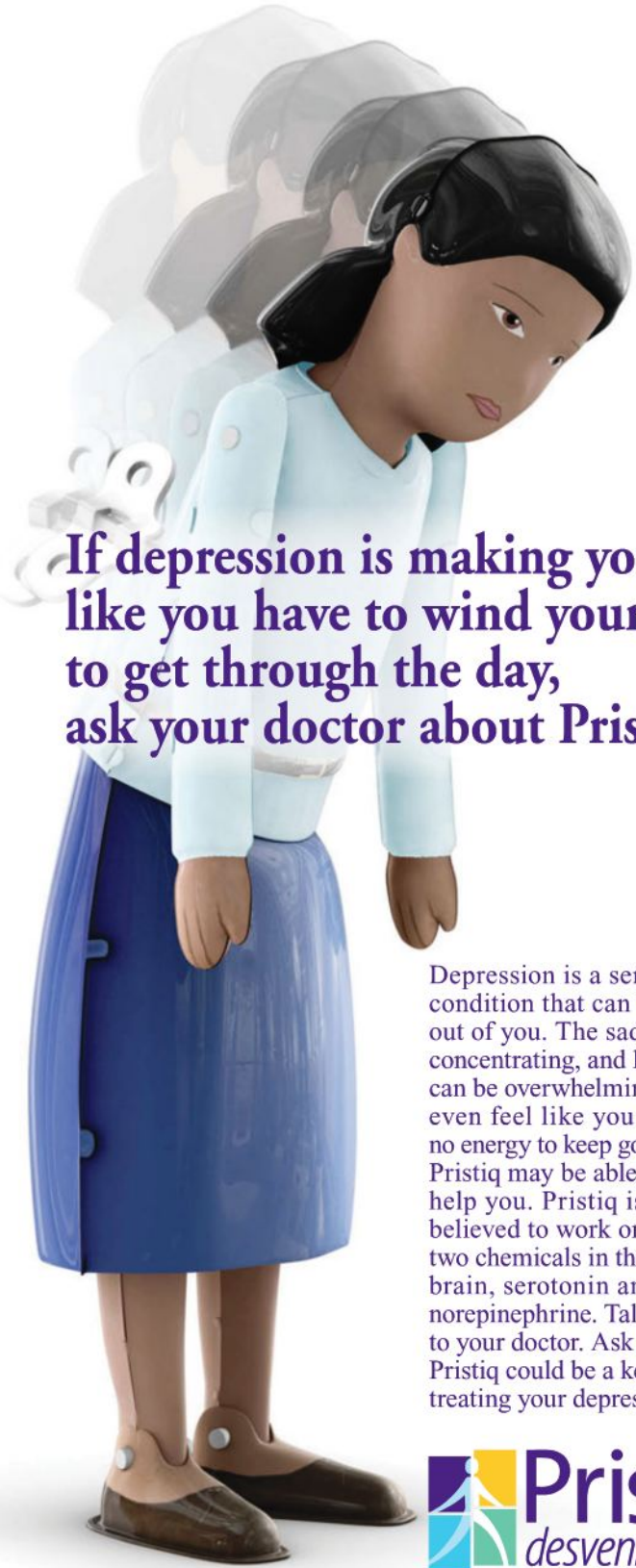
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.



If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



 **Pristiq®**
desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

IMPORTANT FACTS ABOUT

Pristiq®
desvenlafaxine
EXTENDED-RELEASE TABLETS

(pris•teek®)
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq? Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

• Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines

such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- irritability
- abnormal dreams
- nausea
- sleeping problems (insomnia)
- tiredness
- anxiety
- sweating
- diarrhea
- headache

• Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

• **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?
Pfizer has programs that can help. Call 1-866-706-2400
or visit www.PfizerHelpfulAnswers.com.

**helpful
answers**



Based on PI W10529C017
POP00320

© 2010 Pfizer Inc. All rights reserved.

HEALTHY YOU GUY KIDS

STAY-WELL NEWS FOR YOU AND EVERYONE YOU LOVE

Looks like
your Sunday
too, right?
Wait—why are
you laughing?

4 things **never** to do fast

You're busy—we get it. But there are real health consequences to taking your whole life at a full gallop. Slow down for...

MEALS Eating slowly enough to actually *taste* your food helps you eat less and feel fuller, says Jean Kristeller, Ph.D., cofounder of the Center for Mindful Eating. When people spent 30 minutes eating a bowl of ice cream (despite a little melting!), their bodies produced more fullness hormones than when they ate it in five minutes, a Greek study found. Rate each bite on a taste-o-meter to heighten your awareness. "As taste buds fatigue, flavors diminish, so you can more easily stop," Kristeller says.

SEX Taking more than a few minutes to do the deed can increase your chances of having an orgasm, which releases feel-good endorphins, helps you sleep better, and even lowers blood pressure in response to stress. It can take up to 30 minutes for a woman to achieve full arousal—your mind needs time to relax, plus it takes that long for increases in blood flow and natural lubrication to

kick in, says Tierney Lorenz, a researcher at the Sexual Psychophysiology Laboratory at the University of Texas at Austin.

SQUATS Switching up your pace when you strength-train makes your muscles work harder and nets you more results. Do resistance exercises like squats and curls in twice the time you normally would, says Daniel Lucas, cofounder of Nimble Fitness in New York City: "You'll build more muscle and use better form." With push-ups, for example, take two seconds to lift your body up and two seconds to lower it, working up to five seconds.

BREATHING When life starts moving fast, fast, faster, so does your breathing and heart rate. But taking slow, deep breaths acts like a "reduce stress now" button. "Slowing down to five or six breaths a minute lowers your blood pressure and calms your mind," says Fred Muench, Ph.D., a psychologist in New York City. Take a few minutes in the shower to practice inhaling for five counts and exhaling for six. All together now: *Ahhhhh*. AMY GALLO

RADIATION IS ALL AROUND US. WHEN SHOULD YOU WORRY?

The nuclear crisis in Japan sparked not only debate about the safety of power plants but also fear over radiation we encounter every day. But Henry Royal, M.D., a nuclear medicine specialist at Mallinckrodt Institute of Radiology in St. Louis, offered this reassurance: The doses of radiation that traveled from Japan and our daily exposures are too small to pose much risk. Radiation is a weak carcinogen, so only much larger amounts harm your health, he says. Experts discourage unnecessary exposure, but this factoid puts the danger in context: To hit the upper yearly exposure limit for nuclear power plant workers, a person would have to get a heart CT scan, 10 mammograms, about 252 chest X-rays, and spend 100 hours in an airplane. The mind-easing chart at right lays out how much radiation you get from common sources. SARA VIGNERI

Acute radiation sickness begins: **100,000 millirems (mrem)**

Annual recommended limit for nuclear power plant workers: **5,000 mrem**

Getting a cardiac CT scan: **2,000 mrem**

Getting a whole-body CT scan: **1,000 mrem**

Living at high altitude (radiation from the atmosphere): **52 mrem/year**

Getting a mammogram: **42 mrem**

Smoking a pack of cigarettes: **36 mrem**

Living at sea level (normal radiation from the atmosphere): **26 mrem/year**

Having a chest X-ray taken: **10 mrem**

Traveling in an airplane: **0.5 mrem/hour**

Having a dental X-ray taken: **0.5 mrem**



Can you really **decide** your baby's **sex** naturally?

As soon as you officially start "trying," you hear them: crazy ideas about how to influence the sex of your future child. Is it all total bunk? We asked top fertility docs what's up.

YOU HEAR... Having sex three days before ovulation boosts your chances of conceiving a girl.

AND THE TRUTH IS... A handful of small studies suggest a link between timed intercourse and gender, but the jury is still out, says Eric Surrey, M.D., medical director of the Colorado Center for Reproductive Medicine. The theory is that X-chromosome (a.k.a. girl) sperm are larger and more robust, so they can survive longer and wait for the egg to drop. "There is some logic to it, but the evidence is soft," Surrey says. Feel free to give it a shot—but don't paint the nursery pink just yet.

YOU HEAR... Eating a diet high in calcium and magnesium can increase your odds of having a girl.

AND THE TRUTH IS... In a new study by researchers at Gender Consult in the Netherlands, women who ate a diet that was low in potassium and sodium and high in calcium and magnesium *and* had sex three to four days before ovulation were 81 percent more likely to conceive a girl. Talk to your doctor before overhauling your diet, though: A well-balanced meal plan is crucial to the healthy development of a fetus.

YOU HEAR... Doing it "doggie-style" (sorry, there's no other way to say it) makes you more likely to conceive a boy.

AND THE TRUTH IS... It's a myth. The idea is that this deep-penetration position places sperm closer to the egg, so Y's can outswim X's, while shallow penetration positions like missionary deposit sperm farther from the egg, so slow-and-steady X sperm will outlive speedy Y sperm and get to it. But there's no evidence to support any of it. In fact, during an in vitro fertilization study, doctors put 40,000 sperm right next to the egg, and the gender odds were 50:50. MARIEL RITTENHOUSE GOODSON

ONE LESS THING TO WORRY ABOUT:

Go ahead, have some **full-fat** cheese!

There's no substitute for really good Brie. Luckily, a little dairy fat might do a body good, notes new research in the *Annals of Internal Medicine*. People with the highest blood levels of trans palmitoleic acid, a compound in dairy fat, were 60 percent less likely to develop type 2 diabetes than those with the lowest. The compound was also linked with being at a healthy weight. Just make at least half the dairy you eat the lower fat kind, because too much saturated fat raises LDL (bad) cholesterol and heart disease risk. LAUREL LEICHT



★ ALWAYS INFINITY PRESENTS ★

The Ultimate Pad Battle

Fluff core of an Always Maxi Pad.

The FLUFF



Core of actual pad.

Always INFINITY



ALWAYS INFINITY IS MADE WITH
A REVOLUTIONARY MATERIAL
CALLED INFINICEL™



IT'S SO INCREDIBLY THIN
AND FLEXIBLE, YOU
HARDLY KNOW IT'S THERE.



IT ABSORBS
UP TO
60% MORE*



always
INFINITY

Try the pad that's made like no other

Why wait?
Ask your doctor about
customizing your treatment.



Before After*



Before After*



Before After*

Juvederm[®] XC

To find a doctor, go
to Juvederm.com

* Photos taken after 1–2 weeks.
Individual results may vary.

JUVÉDERM[®] is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Side effects, usually mild to moderate, include temporary injection site reactions such as redness, pain, firmness, swelling, or bumps.

Please see important treatment considerations on reverse of opposite page.

APC88UR11

HEALTHY YOU GUY KIDS



Raising a
veggie-lover?
Lucky you!

HOW TO FEED YOUR LITTLE **VEGETARIAN**

Your kid's decision to go veggie is part of a national trend, not an indictment of your meatballs. About 1.4 million American kids ages 8 to 18 are vegetarians, a survey by the Vegetarian Resource Group found. And while your child's diet du jour might be a pain if the rest of the clan likes meat, it's not unhealthy. Vegetarian kids consume less saturated fat and cholesterol and eat more vegetables, fruit, and fiber than their meat-eating peers, according to a study in the *Archives of Pediatrics & Adolescent Medicine*. "But it is possible to be an unhealthy vegetarian—potato chips and candy can be vegan, after all," says Lisa Oz, coauthor of *You: Raising a Child*, who brought up her four children on a mostly plant-based diet. To help your sweet veg-head do it right, Oz suggests keeping protein-rich, easy-to-grab snacks like hard-boiled eggs and nut butter on hand and adding whole grains and legumes to recipes for much-needed vitamin B-12 and iron. To avoid becoming a short-order cook, plan customizable family meals, such as pasta, sandwiches, and salads with a variety of toppings—diced chicken for your meat eaters; beans, cheese, and seeds for the vegetarians. Serve 'em salad-bar-style for a fast, nutritious crowd-pleaser. SARAH JIO

ASK THE DOCTORS

What ER docs want all parents to know



"I see kids in the emergency room with the same problems every summer, but **three of the most life-threatening emergencies are easily avoidable**. The first

is heat overexposure, which is becoming more common with record high temperatures. Talk to your child's coach or camp counselor to make sure they have a plan to keep kids hydrated and cool—and send yours with a water bottle. And while everyone worries about pool safety, the bigger danger is kids riding bikes, skateboards, or four-wheelers without helmets. I've seen

devastating injuries that could have been prevented by that simple piece of gear. A lot of these injuries occur during unsupervised activities, so find a camp or team where thrill-seeking kids can experiment safely. Another mistake I still see is children who are not properly buckled up. It's crazy! In the summer we're more relaxed and sometimes not as careful as we need to be—but I've seen too many small children thrown from vehicles in a crash. Take a few minutes before a road trip to be sure everyone is secure."

Travis Stork, M.D., is an emergency physician at Vanderbilt Medical Center in Nashville and cohost of the syndicated talk show The Doctors. Check your local listings for showtimes.

Send your health questions to askthedoctors@redbookmag.com.

FROM TOP: JUPITERIMAGES/GETTY IMAGES; COURTESY OF CBS.



Kiss
those lines
goodbye!™

Ask your doctor about
Juvéderm XC

One treatment lasts up to one year*

JUVÉDERM® XC smoothes out those parentheses lines along the sides of your nose and mouth—instantly. Go to Juvederm.com to find out more about JUVÉDERM®, the #1 selling dermal filler in the U.S.**

Individual results may vary. JUVÉDERM® is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Side effects, usually mild to moderate, include temporary injection site reactions such as redness, pain, firmness, swelling, or bumps. 1 877-FILLER MD (877-345-5376).

Please see important treatment considerations on reverse side. By prescription only.

*With optimal correction. **January 2009 through December 2010; Data on file, Allergan, Inc.; US Facial Injectables Market Share Report; GuidePoint Global Filler Share Tracker.



© 2011 Allergan, Inc., Irvine, CA 92612. ® and ™ marks owned by Allergan, Inc. JUVÉDERM® mark owned by Allergan Industrie, SAS. APC88UR11

Important Treatment Considerations

A Brief Description of Indications for Use, Contraindications, Warnings, Precautions, and Adverse Events for JUVÉDERM® Injectable Gel

Indication: In the United States, JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds).

Contraindications: JUVÉDERM® injectable gel should not be used in patients who have severe allergies marked by a history of anaphylaxis or history or presence of multiple severe allergies. JUVÉDERM® should not be used in patients with a history of allergies to Gram-positive bacterial proteins. JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC should not be used in patients with a history of allergies to lidocaine.

Warnings: JUVÉDERM® injectable gel should not be injected into blood vessels. If there is an active inflammatory process or infection at specific injection sites, treatment should be deferred until the underlying process is controlled.

Precautions: The safety of JUVÉDERM® for use during pregnancy, in breastfeeding females, or in patients under 18 years has not been established. The safety and effectiveness of JUVÉDERM® injectable gel for the treatment of areas other than facial wrinkles and folds (such as lips) have not been established in controlled clinical studies. Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as with any injection, may experience increased bruising or bleeding at injection site. Patients should inform their physician before treatment if they are using these types of substances. As with all skin-injection procedures, there is a risk of infection. JUVÉDERM® should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection. The safety of JUVÉDERM® in patients with a history of excessive scarring (e.g., hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied. If laser treatment, chemical peel, or any other procedure based on active dermal response is considered after treatment with JUVÉDERM® injectable gel, or if JUVÉDERM® is administered before the skin has healed completely after such a procedure, there is a possible risk of an inflammatory reaction at the treatment site.

Adverse events: The most commonly reported side effects are temporary injection-site redness, swelling, pain/tenderness, firmness, lumps/bumps, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

Important: For full safety information, please visit www.juvederm.com or call Allergan Product Support at 1-877-345-5372.

CAUTION: Rx only.

APC61ZU10

HEALTHY YOU GUY KIDS



MAN MEDICINE

My guy turns up the volume on the TV so loud, I think he might be going deaf! Is it a real sign of hearing loss, or just a man thing?

“He really could be having hearing problems. The beginning of hearing loss can show up in someone’s 30s and 40s, and preferring a loud TV is a classic symptom. That said, some people just like watching TV with the sound up high to drown out ambient noise. If your husband truly has hearing loss, he may also speak a little louder than normal at times, ask you to repeat yourself, or give inappropriate responses to questions (because he misheard you). It’s a good idea for all adults to have a hearing check at their annual physicals, particularly if they spend a lot of time around loud noises, such as lawn mowers, amplified music, or power tools. In your husband’s case, it sounds like it’s *definitely* time for a checkup.”

ROBERT E. NOVAK, PH.D., HEAD OF THE DEPARTMENT OF SPEECH, LANGUAGE, AND HEARING SCIENCES AT PURDUE UNIVERSITY IN INDIANA

What actually **STOPS** bug bites

Why does it feel like every insect within 30 miles has you in its crosshairs, while your husband is blissfully unbiten? Some of us attract more pests, says Kansas State University entomologist Raymond Cloyd, Ph.D. “It depends on your unique odors,” he says—and how much you breathe and sweat: “Mosquitoes use carbon dioxide and lactic acid in sweat to find us.” DEET sprays are your best defense, but when you can’t or don’t want to use chemicals, these oddball tricks work too.

Put a dryer sheet in each pocket. Gardeners told Cloyd for years that Bounce kept bugs away, so he tested the theory and found that a dryer sheet repelled up to 36 percent of insects. “Bounce contains linalool, a plant compound that’s toxic to bugs,” he says. Having a picnic? Light a Yankee

Candle Conceal Outdoor Mosquito Candle, which contains linalool.

Blend in. Bright colors, especially yellow and blue, attract insects. Lucky for you, neutrals are big for summer! But pick a little beige dress over black: Dark clothes look like yummy animal hides to mosquitoes, says Sharon Lawler, Ph.D., professor of entomology at the University of California, Davis.

Sip wine or iced tea.

Beer and soda are mosquito magnets, says Lawler. The bugs are attracted to the carbonation. Burping also draws in bugs. (Hey, maybe that will get your 9-year-old to stop. *Maybe.*) **Zap ‘em.** Not the bugs—the bites. Therapik (therapik.com) is an FDA-approved handheld device that delivers heat to bites, neutralizing venom and cutting down on itching. JESSICA GIRDWAIN



INTRODUCING A TOOTHPASTE THAT HAS GINGIVITIS SHAKING IN ITS GUMS.



Introducing a toothpaste clinically proven to help reverse gingivitis in just four weeks, putting you on your way to a healthier mouth.

New Crest Pro-Health Clinical Gum Protection. Unlike ordinary toothpaste, it helps eliminate plaque at the gumline, helping prevent gingivitis. It protects these areas dentists check most: cavities, gingivitis, plaque, sensitivity, tartar, whitening, and fresh breath.

life opens up when you do **Crest**

LAZY WOMAN'S FITNESS



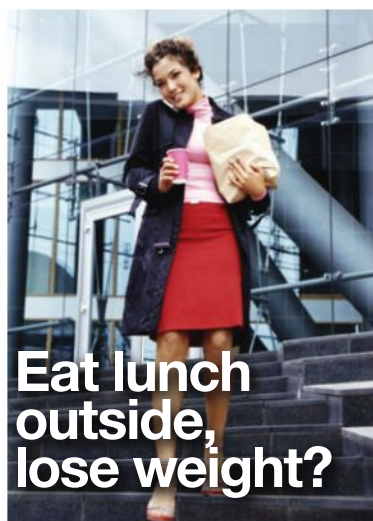
THE BETTER-THAN-NOTHING BELLY WORKOUT

Cross “exercise” off your mental to-do list before you even get out of bed with this move from Equinox trainer Lacey Stone of New York City. It flattens your stomach better than crunches, because doing it on a soft surface forces you to engage the ab muscles that stabilize your core.

A Lie on your left side, propped up on your forearm, legs straight, one foot on top of the other, as shown. Don't let

your right hip fall behind or in front of your body.

B Pull your belly button in and up and raise your hips off the bed, pressing down with your forearm and the outer edge of your left foot, as shown. Hold for 30 seconds (or as long as you can), working up to a minute. Flip over and repeat on your right side. That's one rep; do up to three. (If doing it on the bed is too challenging, switch to the floor.)



Eat lunch outside, lose weight?

It's true! A recent British study found that people who ate lunch in front of a computer consumed twice the number of calories later in the afternoon compared with those who ate sans screen. “When the brain is distracted from the eating experience by a computer or a television, the memory of that meal is hazy, which in turn influences the amount of food we eat at later meals and snacks,” says chief study researcher Jeffrey Brunstrom, Ph.D. And another thing: Getting a few midday minutes of sunshine has been shown to boost mood, ease stress, and make you more productive. So take a break! Your boss—and your butt—will thank you. **BRITTANY BURKE**

TINY AT-WORK TWEAKS FOR A HEALTHIER BODY

Several studies over the last few years have suggested that sitting too much can hurt you: The scariest one found that subjects who spent most of the day sitting were **54 percent more likely to die within 12 years than their more active peers.** And hitting the gym regularly doesn't seem to make up for it. The reason? When you sit for hours on end, many of your muscles don't have to contract at all—and that slows other systems in the body, says Nico Pronk, Ph.D., vice president and health science officer at Health Solutions in Minneapolis, who has studied the problem. Thankfully, the solution is surprisingly simple: Moving around for just 5 to 10 minutes every hour creates enough muscle contraction to counteract the effect. Try these:



→WALK AND TALK Every time you take a call, walk

around while you chat—or at least stand up. The longer the call, the more exercise you'll get.

→LEAVE IT BEHIND

Purposely stash something that you'll need during the day in your car—a report, a notebook, or even your lunch. That will



give you a reason to get up and take a walk to go grab it.

→PLAY BALL

Keep a tennis ball at your desk and dribble it like a soccer ball between your feet while you're typing.



→SIT ON EDGE Move up and sit on the edge of your chair. Sitting upright promotes good posture and engages your ab muscles.

→SQUEEZE TIGHT

While you're sitting at your desk (or in traffic on the way home), contract your abs by pulling in your belly button and letting it out. Then try squeezing and releasing your glutes.

→GIVE EMAIL A

BREAK How many times have you called or emailed a coworker who toils just down the hall? Confab in person whenever possible—gossiping is better face-to-face anyway! **BLAKE MILLER**



Mornings are a lot easier when they've had a good breakfast.

Everyone knows school can be a challenging place. That's why a nutritious start to the day is essential. Carnation® Breakfast Essentials™ Complete Nutritional Drink helps provide the protein, calcium and other nutrients your kids need to be their best.

Be sure to visit us at www.facebook.com/CBE



GOOD NUTRITION FROM THE START.™

**2X
PROTEIN**
OF AN EGG

**2X
CALCIUM**
OF YOGURT*

**21
VITAMINS &
MINERALS**



* compared to a 6oz cup of yogurt. © 2011 Nestlé. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.



Yes, you're normal! Stay-calm answers to your most private health questions from Hilda Hutcherson, M.D.

Dr. Hutcherson is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.

Q *I'm 30, and I have been taking the Pill for almost a decade. Is it okay to be on birth control for so long?*

A For most women, yes. Doctors once thought that taking birth control pills for a long time could cause infertility or other problems, but we now know that's not true—in fact, hormonal birth control has been shown to lower the risk of endometrial cancer, and using it continuously for five years reduces your risk of ovarian cancer by 50 percent, according to data from the National Cancer Institute. That said, women who are over 35 and smoke, have heart disease, or are at high risk of blood clots should not be on hormonal birth control. There is also some concern that taking the Pill for five years or more may slightly raise your risk of cervical cancer, so be sure you continue to see your doctor for regular Pap smears.

CASE HISTORY

SHE PEED DURING EXERCISE!

Ah, the joys of motherhood. One week after delivering a healthy 9-pound baby, a 24-year-old patient of mine called me in a panic, afraid that she would “need to share the baby’s diapers.” She was an avid runner and had leaked a little bit of urine while doing some light jogging. But as many of you moms out there may know, urinary incontinence is pretty common after having a baby: Pregnancy and vaginal delivery can

weaken the pelvic floor muscles that support the bladder or damage the nerves that supply it. I reassured her that this kind of leakage isn't usually permanent and often goes away on its own. Doing Kegel exercises (contracting and relaxing the muscles of the pelvic floor) can help speed up the healing process. So my patient started jogging with a pad and doing 50 squeezes a day—and a few weeks later, no more leaks!



Q *All of a sudden, I have dryness down there during sex—I've never had a problem with it before. What could be causing this?*

A Start by looking in your medicine cabinet. Birth control pills, antidepressants, and antihistamines can cause dryness, so if you recently started taking any of these drugs, they could be to blame. Another culprit? Natural dips in your estrogen levels at different times of your life, like after pregnancy, while you're breastfeeding, or during perimenopause, which can begin as early as age 45. But perhaps the most common reason for vaginal dryness is simply inadequate arousal. After you've been in a relationship for a while, or as you get older, it may take longer for natural lubrication to kick in during foreplay. Sometimes just giving your body time to catch up with your brain is enough, but water-based sexual lubricants are an even quicker fix that will make sex more comfortable—and much more fun.

FROM LEFT: COURTESY OF SUBJECT; STEPHANIE RAUSSEY/TRUNKARCHIVE.COM.



Has your heavy period been keeping you away?

If you're like 1 in 5 women with heavy periods, you want to get back to life. NovaSure® is a one-time, 5-minute procedure that can lighten or end your heavy period. No pills. No hormonal side effects. For 90% of women, menstrual bleeding is dramatically reduced or stopped. It's a simple procedure that can be done in your doctor's office, usually for the cost of a copay. Talk to your doctor about stepping back into life with NovaSure. Life will be there to welcome you back.

Important Safety Information: NovaSure is for premenopausal women with heavy periods due to benign causes who are finished childbearing. Pregnancy following NovaSure can be dangerous. NovaSure is not for those who have or suspect uterine cancer, have an active genital, urinary or pelvic infection, an IUD or a metal uterine implant. NovaSure is not a sterilization procedure. Rare but serious risks include but are not limited to thermal injury, perforation and infection. Temporary side effects may include cramping, nausea, vomiting, discharge and spotting.

HOLOGIC™
The Women's Health Company

GET YOUR FREE BROCHURE
RB.NOVASURE.COM
1-877-259-5118



NovaSure®
Stop your heavy period and restart your life

6 little ways to **save** your skin

You're smart enough about the sun to not get lobster-red or raisin-wrinkled, but a few common mistakes could still put you at risk for skin cancer.

Thankfully, the fixes are simple.

By Melinda Wenner Moyer



By now, most of us know the basics of SPF. And if you've ever read a magazine story about melanoma or been to a dermatologist's office, you probably know a bit about how to tell cancerous spots from regular old moles. (Need a quick refresher? See redbookmag.com/moles.) Still, women ages 15 to 39 are two-and-a-half times more likely to develop melanoma than they were in the 1970s, and non-melanoma skin cancer remains the most common cancer among women today. So what are we doing wrong? Take a look at the skin mistakes on the next few pages and be honest with yourself about which ones *you're* making. All it takes is a few tweaks to your routine to stay safe, healthy, and worry-free.

MISTAKE ^{no.} 1:

Protecting everyone else first. You plan to put on sunscreen at the beach, just as soon as you've lugged the chairs to the perfect spot, set up an umbrella, lathered up your kids, and passed the lotion to your guy. But that's not soon enough! Spending just 15 minutes in midday sun can cause sunburn, which damages your skin's DNA and can lead to cancer.

■ **A better strategy:** Do like they tell you to with airplane oxygen masks and see to *your* safety first by applying sunscreen in the bathroom—naked—before you leave the house. That will give it time to bind to your skin (it takes 15 to 30 minutes) and guarantee that you'll actually get it done. Rubbing on block in the buff means "you're less likely to miss areas around the edge of your clothes," which frequently get burned, says Allan Halpern, M.D., chief of dermatology at the Memorial Sloan-Kettering Cancer Center in New York City. Once you're outdoors, add a little more. "Using sunscreen is like applying paint or nail polish: the first coat never quite does it," he says. ►

Introducing the ultimate sun protection for kids.

No towel-drying necessary.

The first sunblock designed to be applied directly to wet skin.

Kids never sit still long enough to dry off, which makes applying sunscreen difficult since ordinary sunblock drips and whitens under wet conditions. Only Wet Skin Kids Sunblock with **helioplex**[®] is specially formulated to work with kids' wet skin.



Guaranteed full strength protection:

New Wet Skin Kids Sunblock instantly cuts through water, creating a broad-spectrum protective barrier with every application, even when kids are right out of the water.

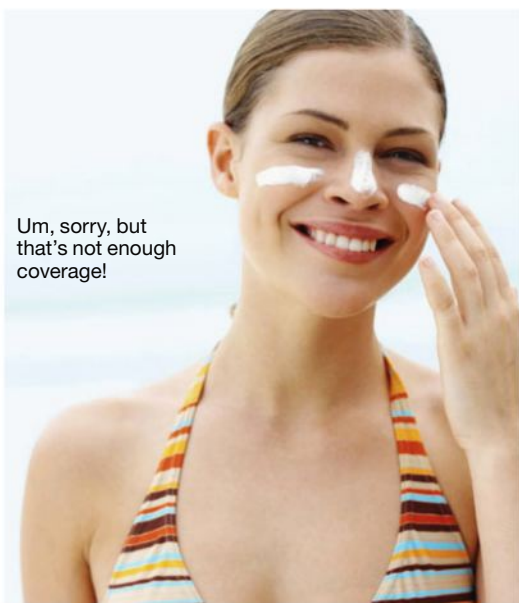
- ✓ works on wet and dry skin
- ✓ broad spectrum UVA/UVB
- ✓ no dripping or whitening
- ✓ gentle, hypoallergenic formula

neutrogena.com/wetskin



Neutrogena[®]

#1 DERMATOLOGIST RECOMMENDED SUNCARE



Um, sorry, but that's not enough coverage!

MISTAKE ^{no.} 2:

Believing everything we read on labels. No “8-hour” sunscreen really lasts that long, in Halpern’s opinion. He says that companies test products in less-than-realistic conditions—using more lotion than the average person would (you need an ounce to cover your body, but we tend to use one quarter of that), or not accounting for sweating or swimming.

■ **A better strategy:** No matter what the label says, reapply, especially after dips and dry-offs. And try to get out of the sun during peak hours. For beach days, we like Coppertone Oil Free Foaming Sunscreen Lotion SPF 75+ (\$9.99, drugstores) and Neutrogena Ultra Sheer Dry-Touch Sunblock SPF 30 (\$7.99, neutrogena.com).

MISTAKE ^{no.} 3:

Worrying about sunscreen only at the beach or pool. The most common place for women to get potentially deadly melanoma? Not the arms or shoulders—it’s the lower legs, in part because we wear skirts and shorts without sunscreen. To size up your skin damage, strip down and look in the mirror. If your chest or legs look more wrinkled or freckled than your breasts or butt (assuming you don’t sunbathe nude), then “you’re not doing a good job of protecting yourself,” says Bradenton, FL, dermatologist Susan Weinkle, M.D.

■ **A better strategy:** Shield yourself every day with light lotions that provide protection against both UVA and UVB rays. But choose wisely, says Steven Wang, M.D., director of dermatology at the Memorial Sloan-Kettering Cancer Center in

Must-haves for safe skin Products our experts love:



Ahava Mineral Sun Protection Suncare Anti Aging Moisturizer SPF 50; Cerave Facial Moisturizing Lotion SPF 30; L'Oréal Paris Self Tanning Towelettes; Coppertone Oil Free Foaming Sunscreen Lotion SPF 75+; MDSolarSciences Ultra Mineral Screen Gel; Supergoop SPF 30+ Sunstick.

Basking Ridge, NJ. Wang and his colleagues examined 29 daily moisturizers with SPF and found that very few of them blocked damaging UVA rays. Look for lotions that contain zinc oxide or a combination of avobenzone and octocrylene and have an SPF of at least 30, he says. For body, we like Lubriderm Advanced Therapy SPF 30 Lotion Moisturizer with Sunscreen (\$7.99, drugstores) or Ahava Mineral Sun Protection Suncare Anti-Aging Moisturizer SPF 50 (\$28, ulta.com). For face, try Cerave Facial Moisturizing Lotion SPF 30 (\$14, drugstores) or Eucerin Everyday Protection Face Lotion SPF 30 (\$8.99, drugstores).

MISTAKE ^{no.} 4:

Thinking we look younger and skinnier when we're tan. If you love the way you look with a tan, it's tough for anyone (especially a pasty dermatologist!) to change your mind. But there are safer ways to get that glow. “Anytime your skin changes color from UV exposure, it’s a sign of skin and DNA damage, which can ultimately lead to cancer,” says Vernon Sondak, M.D., a surgical oncologist at the Moffitt Cancer Center in Tampa, FL. Getting a “base tan” at a salon is no better than baking on the beach—in fact, research suggests it may be worse: The UVA light that tanning beds emit penetrates the skin more deeply than UVB light, the kind that causes natural sunburn. Women who use tanning salons even occasionally (and about one in five of you do) are 74 percent more likely to develop melanoma than those who have never tanned indoors.

■ **A better strategy:** You know the answer to this one: self-tanner. Weinkle, who admits to liking a bit of a glow herself, swears by L'Oréal Paris's Self-Tanning Towelettes (\$10.49, drugstores). “They give you an even color, without looking streaky or orange,” she says. If wipes aren't your thing, try Comodynes Hydra Tanning Moisturizing Tanning Lotion (\$7.99, comodynes.net).

MISTAKE ^{no.} 5:

Not wearing sunglasses when we really need them. Most people wear shades during peak sun hours—between 10 a.m. and 3 p.m. But at those times, the sun is directly above you, so your eyebrows actually provide shade. In the morning and late afternoon, however, the sun is low in the sky, so it hits your eyes more directly, Wang says. UV light raises your risk of cataracts, macular degeneration, and eyelid cancer, which accounts for 5 to 10 percent of all skin cancers. ►

Now, beautiful lightweight coverage
and powerful sun protection are totally compatible.

Here's to new friendships.

**New Neutrogena Healthy Skin®
Compact Makeup SPF 55**

Lightweight, oil-free makeup,
infused with an exclusive blend
of matte powders, gives you a
fresh, flawless look that's never
heavy or greasy.

Combined with award-winning
Helioplex®, this breakthrough
foundation provides the highest
level of UVA/UVB protection
available in a compact.

Light-as-air coverage
and the best sun protection.
No more choosing between them.



Neutrogena®
Cosmetics
#1 dermatologist recommended

■ **A better strategy:** Wear sunglasses whenever you're in the sun, and choose shades that block 99 to 100 percent of both UVA and UVB rays (it'll say so on the label)—the larger the frame, the better. Take pairs you already own to an optician, who can measure how much radiation they block.

MISTAKE ^{no.} 6:

Blowing off skin checks. About 95 percent of basal and squamous cell carcinomas are curable when treated early, as are 99 percent of melanomas. "But far too few women are seeing dermatologists regularly for skin checks," says Albert M. Lefkovits, M.D., associate clinical professor of the Mount Sinai Medical Center in New York City. The American Academy of Dermatology recommends that you get a skin check once a year. As smart as you may be about checking yourself out, nothing compares to trained professionals—and their high-tech scopes—going over you head to toe.

■ **A better strategy:** Schedule your skin check when you're setting up your other annual appointments, such as the ob/gyn or dentist, so you don't forget. Or go to aad.org to find free screening sites near you. ®

Your sunblock **excuse**—busted

*It stings! It's greasy! It won't rub in!
Everyone has sunscreen peeves but we have
fixes for all complaints.*

"I'm afraid the chemicals in sunscreen might increase my cancer risk." —Laura Baugh, 33, Indianapolis

You may have heard that two common sunblock ingredients—oxybenzone, a UV-absorbing compound, and retinyl palmitate, an antioxidant—may actually increase cancer risk. But the research was done on rats, some of which had a high propensity for developing cancer, and some of the doses were astronomically high, says dermatologist Steven Wang. All the experts we talked to said the evidence isn't strong enough to conclude that the substances are harmful. If you're still worried, avoid retinyl palmitate (it's not an active ingredient anyway) and choose

mineral-based creams that use zinc oxide or titanium dioxide instead of oxybenzone.

"Sunscreen makes me break out." —Jennifer Proserpi, 35, New York City

Waterproofing chemicals seal in oils and sweat, which can cause pimples—and chemical sunscreens are more likely to irritate skin, Wang says. So stick to non-waterproof, mineral-based sunscreens, such as MDSolarSciences Ultra Mineral Screen Gel SPF 50+ (\$30, mdsolarsciences.com).

"I need to go without sunscreen to get vitamin D." —Rebecca Frank, 33, Bend, OR

"The safest way to get vitamin D is from a pill or from the food you eat," says oncologist Vernon Sondak. Aim for at least 600 IU per day from supplements or foods such as sockeye salmon (794 IU per 3 ounces) or fortified milk (100 IU per 8 ounces).

"Sunscreen gets into my eyes and makes them burn." —Holly Whitehead, 34, Puyallup, WA

For sensitive spots around the eyes and on the forehead, dermatologist Allan Halpern recommends using a stick, such as the Supergoop SPF 30+ Sunstick (\$14.50, sephora.com), which is less likely than a lotion to be dislodged by water or sweat.

"Some sunscreens are so thick that they won't rub in. I look like Casper!" —Becky Collins, 30, Philadelphia

Opt for sprays, which provide as much protection as lotion without ghostly side effects. "Spray it on liberally and spread it out with your hand," Halpern says. But spread evenly, or "you risk getting a tie-dyed sunburn," he adds.



She's well covered! Sunglasses and light but tightly woven tops can help keep you safe in the sun.

Dermatologists recommend it most.

Beauty editors recognize it most.

Both agree it's the best
facial moisturizer with SPF.

 **helioplex**® technology delivers
superior UVA/UVB protection

Exclusive Helioplex technology in Healthy Defense®
provides superior protection from rays that can
cause premature lines and wrinkles, while its
lightweight moisturizer softens and nourishes skin.

**The #1 dermatologist recommended
SPF facial moisturizer.**

Using a daily moisturizer with sunscreen is
critical to protecting skin from premature aging.
No other facial moisturizer is recommended
more by dermatologists than Healthy Defense
with SPF 50.



Neutrogena®

#1 DERMATOLOGIST RECOMMENDED

© 2011 Neutrogena Corp.



©McNEIL-PPC, Inc. 2011

CLIMAX

MAKE THE BIG MOMENT FEEL EVEN BIGGER

K-Y® Brand INTENSE® is the first and only female arousal gel from K-Y.® It is uniquely formulated to increase sensitivity for an even bigger, even better climax. Sounds mind-blowing, right?

For 7 out of 10 women it is. But don't take our word for it,

GET \$5 OFF AT K-Y.COM and try it for yourself.



MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

"Vamanos ya!" It's a saying in the Dominican Republic for

'Let's go.' We met there, so we carried it over here. Our son says it too!"

CAMI MARTINEZ, 29,
married to FELITO for 6 years

"Much to my embarrassment, it's my husband's saying, 'Let's get out of here' very loudly, and we go—fast!"

JULIE LEROY, 44, married to SCOTT for 3 years

"We say, 'Hello, fello.' It's something my son laughed at when he was

little, and it became our thing. We just used it a few nights ago!"

FREDERICK BUSH, 45, married to JENNIFER for 7 years

"Krakatoa—you know, the volcano. Although I'm not sure how good a secret escape word it is. It's too hard to fit into conversation."

—NARELLE PEDERICK, 37, dating JON for 7 years

"It's a Vietnamese phrase that is too profane for you to print!"

It's become code for 'Time to go' because no one around us knows what it means."

ANDREW PENRIDGE, 40,
married to KIM for 11 years

TELL THE TRUTH:

What's your
code for
"Let's get out
of here"?

First person to the car gets a back rub tonight.

WHEN TO SAY, "APOLOGY NOT ACCEPTED!"

Forgiving and forgetting can actually be bad for your marriage, says a new study from the University of Tennessee in Knoxville. Researchers found that forgiving wives and husbands were almost twice as likely to face transgressions the next day, compared with when they stayed angry for a bit. The findings didn't surprise love experts: "If a person doesn't stand up for what's not okay, people take advantage of them," says relationship therapist Fred Luskin, Ph.D. The trick is learning to distinguish behaviors that really need to change from minor irritations. "Spats about socks on the floor are a part of every marriage and probably not worth your anger," Luskin says. But for major issues, make your point by saying, "What you did was not okay by me. If it continues, it's going to be a problem," says Luskin. If it's a bad habit that's causing trouble (like smoking inside or leaving the door open for your 2-year-old to escape), find ways to solve it as a team. "It brings both of you into the equation—so you can find a solution that will last," he says. NICOLE YORIO



That new sex survey said **what?**

When two neuroscientists set out to learn what men and women *really* fantasize about, they collected data from the world's most abundant source: the Internet. "Most sex research is done through surveys or lab studies and relies on the honesty of the participants," says researcher Ogi Ogas, coauthor with Sai Gaddam of the new book *A Billion Wicked Thoughts*. "But Internet searches don't lie. What we saw was proof of what people are really doing, thinking, and wanting sexually." Their team analyzed more than a million websites, a million erotic stories, and a half million videos—and ended up with no-holds-barred data from hundreds of millions of people. Some of what they found might shock you (it did us!):

Getting older? That's hot. More men search for nude 50-year-old women than naked women in their 20s, the study found. And more than 25 percent of men report that their first sexual fantasy was triggered by a sexy older woman.

Men are obsessed with their little fellas. One of the most common searches for straight men? Variations on the word *penis*. "They're interested in reading about size, shape, color—everything," Ogas says. (Women don't seem to share that enthusiasm: Searches for penises or any other male body part were nonexistent.)

Men like real women. Nonprofessionals interest guys far more than porn stars do. "One of the most profitable adult companies is Girls Gone Wild, which shows regular girls," Ogas says. Men are also drawn to overweight and normal-weight women. Not only did researchers find more sites dedicated to "big, beautiful women" than skinny ones, but the most-viewed porn features ladies with normal or high BMIs.

Even your craziest fantasy is pretty common. No one is alone in what turns them on, Ogas and Gaddam say, noting that there are thousands of erotic stories and websites devoted to every fetish—from vampire sex to dressing up in animal costumes. Proof that no matter what your fantasy, it's probably standard stuff.

Do one thing, get closer



Go on a double date! Couples who spend time with other couple friends feel more excited, enthusiastic, happy, and closer to their partners afterward, a new study from Wayne State University in Detroit found.

These Bracelets Build Families

Crafted out of chocolate brown smoky quartz and accented with a gold leaf symbolizing a family tree, this jewelry signifies love, hope and the dream of parenthood through adoption.

Nia Vardalos is wearing a stack of the Helpusadopt.org signature bracelets (\$35 each) and the signature necklace designed by Denise Cox Inc. (\$225 each) available on www.helpusadopt.org



HELPUSADOPT.ORG

Building families through adoption since 2007

Oops—**10** things you forgot to mention at the altar

♥ **DARLING HUSBAND, I PROMISE...**

...to quit saying, “Know what his problem is?” upon mention of any of your friends.

...not to admit how oddly turned on I get by guys in superhero costumes (but you *will* benefit from it after we see *Green Lantern*).

...to stop telling you to “relax” when it is obvious that you *are* relaxed because you’re speaking in a calm voice and not making a strange face and in no need of anyone, especially me, telling you to relax.

...that I will try to find your quirks adorable, even when they show up in our offspring.

...not to finish the *Chunky Monkey*, then pretend the kids did it.

♥ **DEAREST WIFE, I PROMISE...**

...to keep my underwear collection in roughly as good a shape as you keep yours.

...to never show anyone that photo on my phone. Of course, I’ll never delete it either.

...to stop believing that “can be buttoned with great difficulty” equals “fits.”

...not to use an imaginary brake pedal when I’m in the passenger seat and you’re driving.

...to be very, very judicious in saying, “Since you’re up...”



ILLUSTRATION BY MARCOS CHIN.



Still trying to get ahead of your cloud of depression?

If you've been on an antidepressant for at least six weeks and still have unresolved symptoms of depression, ask your doctor about adding **SEROQUEL XR**.

Important Safety Information About SEROQUEL XR

Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an increased risk of death, compared to placebo (sugar pill). SEROQUEL XR is not approved for treating these patients.

Antidepressants have increased the risk of suicidal thoughts and actions in some children, teenagers, and young adults. Patients of all ages starting treatment should be watched closely for worsening of depression, suicidal thoughts or actions, unusual changes in behavior, agitation, and irritability. Patients, families, and caregivers should pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed. These symptoms should be reported immediately to the doctor. SEROQUEL XR is not approved for patients under the age of 18 years.

- Stop SEROQUEL XR and call your doctor right away if you have very high fever; stiff muscles; shaking; confusion; sweating; changes in pulse, heart rate, or blood pressure; or muscle pain and weakness, as these may be signs of a rare, but potentially fatal, side effect called neuroleptic malignant syndrome (NMS)
- If you have diabetes or risk factors such as obesity or a family history of diabetes, your doctor should check your blood sugar before you start taking SEROQUEL XR and also during therapy. If you develop symptoms of high blood sugar or diabetes, such as excessive thirst or hunger, increased urination, or weakness, contact your doctor. Complications from diabetes can be serious and even life threatening
- Increases in triglycerides and in LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported with SEROQUEL XR. Your doctor should check your cholesterol levels before you start SEROQUEL XR and during therapy
- Weight gain has been reported with SEROQUEL XR. Your doctor should check your weight regularly
- Tell your doctor about any movements you cannot control in your face, tongue, or other body parts, as they may be signs of a serious condition called tardive dyskinesia (TD). TD may not go away, even if you stop taking SEROQUEL XR. TD may also start after you stop taking SEROQUEL XR

- Tell your doctor if you have a history of low white blood cell count or seizures. Your doctor should check for cataracts. Other risks include feeling dizzy or lightheaded upon standing, decreases in white blood cells (which can be fatal), drowsiness, impaired judgment, and trouble swallowing
- Use caution before driving or operating machinery until you know that you can do so safely. Avoid alcohol while taking SEROQUEL XR
- The most common side effects are drowsiness, dry mouth, constipation, dizziness, increased appetite, upset stomach, weight gain, fatigue, disturbance in speech and language, and stuffy nose

This is not a complete summary of safety information about prescription SEROQUEL XR.

Indication

SEROQUEL XR is a once-daily tablet approved in adults for add-on treatment to an antidepressant for patients with major depressive disorder (MDD) who did not have an adequate response to antidepressant therapy.

Please read the Brief Summary of Important Information about SEROQUEL XR on the next two pages.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

For more information, visit SeroquelXR.com or call 1-800-4-SEROQUELXR.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit AstraZeneca-us.com.

**FREE
TRIAL OFFER***

Visit SeroquelXR.com
SEROQUEL XR is covered
by most prescription plans.†

*Subject to eligibility.
Restrictions apply.

†Individual coverage may vary.

SEROQUEL XR is a registered trademark of the AstraZeneca group of companies.
©2011 AstraZeneca Pharmaceuticals LP. All rights reserved. 1072600 2/11

Once-daily
SEROQUEL XR®
quetiapine fumarate
extended-release tablets

AstraZeneca 

IMPORTANT INFORMATION ABOUT SEROQUEL XR (SER-oh-kwell)

Please read this summary carefully before you start taking SEROQUEL XR and each time you get a refill. There may be new information.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

What is the most important information I should know about SEROQUEL XR?

Serious side effects may happen when you take SEROQUEL XR, including:

- **Risk of death in the elderly with dementia:** Medicines like SEROQUEL XR can raise the risk of death in elderly people who have lost touch with reality due to confusion and memory loss (dementia). SEROQUEL XR is not approved for treating psychosis in the elderly with dementia.
- **Risk of suicidal thoughts or actions:** Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:
 1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
 2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) depression, bipolar illness (also called manic-depressive illness), or suicidal thoughts or actions.
 3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?
 - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
 - Call the health care provider right away to report new or sudden changes in mood, behaviors, thoughts, or feelings.
 - Keep all follow-up visits with the health care provider as scheduled. Call the health care provider between visits as needed, especially if you have concerns about symptoms.

Call a health care provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless

- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to your health care provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the health care provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the health care provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member take. Keep a list of all medicines to show the health care provider. Do not start new medicines without first checking with your health care provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's health care provider for more information.

What is SEROQUEL XR?

SEROQUEL XR is a prescription medicine used to treat major depressive disorder as add-on treatment with antidepressant medicines when your doctor determines that one antidepressant alone is not enough to treat your depression.

SEROQUEL XR is not approved for patients under 18 years of age.

What are the symptoms of major depressive disorder (MDD)?

- Feeling of sadness, emptiness, and increased tearfulness
- Loss of interest in activities that you once enjoyed and loss of energy
- Problems focusing and making decisions
- Feeling of worthlessness or guilt
- Changes in sleep or eating patterns
- Thoughts of death or suicide
- MDD symptoms last most of the day, nearly every day for at least two weeks, and interfere with daily life at home and at work

What should I tell my health care provider before taking SEROQUEL XR?

Before taking SEROQUEL XR, tell your health care provider if you have or have had

- diabetes or high blood sugar in you or your family: your health care provider should check your blood sugar before you start SEROQUEL XR and also during therapy
- high levels of total cholesterol, triglycerides or LDL-cholesterol or low levels of HDL-cholesterol
- low or high blood pressure
- low white blood cell count
- cataracts
- seizures
- abnormal thyroid tests
- high prolactin levels
- heart problems
- liver problems
- any other medical condition
- pregnancy or plans to become pregnant. It is not known if SEROQUEL XR will harm your unborn baby
- breast-feeding or plans to breast-feed. It is not known if SEROQUEL XR will pass into your breast milk. You and your health care provider should decide if you will take SEROQUEL XR or breast-feed. You should not do both

Tell the health care provider about all the medicines that you take or recently have taken including prescription medicines, nonprescription medicines, herbal supplements and vitamins.

SEROQUEL XR and other medicines may affect each other causing serious side effects. SEROQUEL XR may affect the way other medicines work, and other medicines may affect how SEROQUEL XR works.

Especially tell your health care provider if you take or plan to take medicines for:

- depression
- high blood pressure
- Parkinson's disease
- trouble sleeping

Also tell your health care provider if you take or plan to take any of these medicines:

- phenytoin, divalproex or carbamazepine (for epilepsy)
- barbiturates (to help you sleep)
- rifampin (for tuberculosis)
- glucocorticoids (steroids for inflammation)
- thioridazine (an antipsychotic)
- ketoconazole, fluconazole or itraconazole (for fungal infections)
- erythromycin (an antibiotic)
- protease inhibitors (for HIV)

This is not a complete list of medicines that can affect or be affected by SEROQUEL XR. Your doctor can tell you if it is safe to take SEROQUEL XR with your other medicines. Do not start or stop any medicines while taking SEROQUEL XR without talking to your health care provider first. Know the medicines you take. Keep a list of your medicines to show your health care provider and pharmacist when you get a new medicine.

Tell your health care provider if you are having a urine drug screen because SEROQUEL XR may affect your test results. Tell those giving the test that you are taking SEROQUEL XR.

For more information about SEROQUEL XR, visit www.SEROQUELXR.com or call 1-800-236-9933.

SEROQUELXR®
quetiapine fumarate
extended-release tablets
50, 150, 200, 300 & 400 mg

AstraZeneca 

How should I take SEROQUEL XR?

- Take SEROQUEL XR exactly as your health care provider tells you to take it. Do not change the dose yourself.
- Take SEROQUEL XR by mouth, with a light meal or without food.
- SEROQUEL XR should be swallowed whole and not split, chewed or crushed.
- If you feel you need to stop SEROQUEL XR, talk with your health care provider first.

If you suddenly stop taking SEROQUEL XR, you may experience side effects such as trouble sleeping or trouble staying asleep (insomnia), nausea, and vomiting.

- If you miss a dose, take it as soon as you remember. If it is close to the next dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time unless your health care provider tells you to. If you are not sure about your dosing, call your health care provider.
- If you take too much SEROQUEL XR, call your health care provider or poison control center at 1-800-222-1222 right away or go to the nearest hospital emergency room.

What should I avoid while taking SEROQUEL XR?

Do not drive, operate machinery, or do other dangerous activities until you know how SEROQUEL XR affects you. SEROQUEL XR may make you drowsy.

- Avoid getting overheated or dehydrated.
 - Do not over-exercise.
 - In hot weather, stay inside in a cool place if possible.
 - Stay out of the sun. Do not wear too much or heavy clothing.
 - Drink plenty of water.
- Do not drink alcohol while taking SEROQUEL XR. It may make some side effects of SEROQUEL XR worse.

What are possible side effects of SEROQUEL XR?

Also see "What is the most important information I should know about SEROQUEL XR?" at the beginning of this document.

Serious side effects have been reported with SEROQUEL XR including:

- **Neuroleptic malignant syndrome (NMS):** Tell your health care provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Stop SEROQUEL XR and call your health care provider right away

- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take SEROQUEL XR. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes) your health care provider should check your blood sugar before you start SEROQUEL XR and during therapy. Call your health care provider if you have any of these symptoms of high blood sugar while taking SEROQUEL XR
 - feel very thirsty
 - need to urinate more than usual
 - feel very hungry
 - feel weak or tired
 - feel sick to your stomach
 - feel confused, or your breath smells fruity
- **High cholesterol and triglyceride levels in the blood (fat in the blood):** Increases in total cholesterol, triglycerides and LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported in clinical trials with SEROQUEL XR. You may not have any symptoms, so your health care provider should do blood tests to check your cholesterol and triglyceride levels before you start taking SEROQUEL XR and during therapy
- **Increase in weight (weight gain):** Weight gain has been seen in patients who take SEROQUEL XR so you and your health care provider should check your weight regularly
- **Tardive dyskinesia:** Tell your health care provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking SEROQUEL XR. Tardive dyskinesia may also start after you stop taking SEROQUEL XR
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position
- **Increases in blood pressure:** reported in children and teenagers. Your health care provider should check blood pressure in children and adolescents before starting SEROQUEL XR and during therapy. SEROQUEL XR is not approved for patients under 18 years of age
- **Low white blood cell count**
- **Cataracts**
- **Seizures**
- **Abnormal thyroid tests:** Your health care provider may do blood tests to check your thyroid hormone level
- **Increases in prolactin levels:** Your health care provider may do blood tests to check your prolactin levels
- **Increases in liver enzymes:** Your health care provider may do blood tests to check your liver enzyme levels
- **Long lasting and painful erection**
- **Difficulty swallowing**

Common possible side effects with SEROQUEL XR include:

- drowsiness
- dry mouth
- constipation
- dizziness
- increased appetite
- upset stomach
- weight gain
- fatigue
- disturbance in speech and language
- stuffy nose

These are not all the possible side effects of SEROQUEL XR. For more information, ask your health care provider or pharmacist.

Call your health care provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store SEROQUEL XR?

- Store SEROQUEL XR at room temperature, between 59°F to 86°F (15°C to 30°C)
- Keep SEROQUEL XR and all medicines out of the reach of children

What are the ingredients in SEROQUEL XR?

Active ingredient: quetiapine fumarate

Inactive ingredients: lactose monohydrate, microcrystalline cellulose, sodium citrate, hypromellose, and magnesium stearate. The film coating for all SEROQUEL XR tablets contain hypromellose, polyethylene glycol 400 and titanium dioxide. In addition, yellow iron oxide (50, 200 and 300 mg tablets) and red iron oxide (50 mg tablets) are included in the film coating of specific strengths.

General information about SEROQUEL XR

Do not take SEROQUEL XR unless your health care provider has prescribed it for you for your condition. Do not share SEROQUEL XR with other people, even if they have the same condition. It may harm them.

NOTE: This summary provides important information about SEROQUEL XR. For more information about SEROQUEL XR, talk with your health care provider or pharmacist or call 1-800-236-9933. You can ask your health care provider for full Prescribing Information about SEROQUEL XR that is written for health care providers and discuss it with him or her.

SEROQUEL XR is a registered trademark of the AstraZeneca group of companies.
© 2010 AstraZeneca
AstraZeneca Pharmaceuticals LP
Wilmington, DE 19850
299926 9/10

For more information about **SEROQUEL XR**, visit www.SEROQUELXR.com or call 1-800-236-9933.

SEROQUELXR®
quetiapine fumarate
extended-release tablets
50, 150, 200, 300 & 400 mg

AstraZeneca 



How's our winner handling all this attention, including an appearance on CBS's *The Talk*? "It was embarrassing at first, but now it's becoming a lot of fun!" says Kyle.

REDBOOK'S 12TH ANNUAL CONTEST

The hottest husbands in America

The guys on these pages are a winning combo of good looks and *great* stories: That's why 17,000 of you voted for them. Meet the men who stole your hearts, plus other amazing husbands we fell in love with (platonically! really!) this year.

Kyle Dubey, 29

Hometown: Rochester, MI
Profession: registered nurse

Family: Married 5 years to Julie; father to Luke, 2, and Caleb, 1; expecting their third in September

The winner!

He fixes his kids' boo boos, writes love letters, and lets his wife sleep in. Mmmm, we likey, and you do too. Meet Kyle Dubey, our 2011 champ.

His sparkling eyes, that killer smile, those nice broad shoulders... okay, we'll stop now. But all that cuteness got thousands—yeah, thousands—of you voting for Kyle Dubey, and his wife, Julie, admits that it's what got her hooked first too. "Kyle has this rugged look about him," she says, "but his smile is so warm and inviting. He immediately made me feel comfortable." Theirs is one of those so-right-it's-instant romances. After talking and laughing over dinner at a fondue restaurant, the couple left in the middle of a downpour. "We had our first kiss out in the rain," Kyle says. "That was when I knew I wanted to spend my life with her, and it was only our third date." (Note to guys: Nothing wins a woman's heart like a passionate kiss after a pot of melted cheese. Seriously.)

A year and a half later, Julie came home from work to a path of tea candles, rose petals, and love notes. At the end of it, she found Kyle on one knee, ring in hand. And the romance hasn't stopped. "I still write Julie love letters," Kyle says. "The one I wrote for her birthday last year listed all the reasons I love her." But for Julie, his most romantic move is the mornings he wakes up with their two boys, Luke and Caleb, and lets her sleep in. "Being a father is Kyle's favorite role and greatest joy in life," she says. ►



Kyle with his older boy, Luke.



"Julie makes me want to be a better man," Kyle says.

A close second: his career as a hospital nurse. "I had been working a desk job at a trucking company, but I was looking for a more meaningful career," Kyle says. "I knew I wanted to help people." So in 2008, he enrolled in nursing school and spent the next year and a half juggling a full-time job, a heavy load of classes, and the insanity of a brand-new baby in the house. "There were days when he'd leave before we woke up and come home when we were asleep," Julie says. "But he wanted more purpose." And, she adds, "being a nurse is a perfect fit for him, because he's so caring and nurturing"—skills that have come in handy with two little munchkins around. "I ice their bumps and bring their fevers down with a lukewarm bath," Kyle says. But not all of his best

tricks were picked up in nursing school: "When the kids are crabby, I turn on '80s music and dance fast and crazy to make them laugh," he admits.

Kyle won our contest, but it's Julie, he says, who deserves an award: "She's a beautiful person on the inside and out. Not only is she gorgeous, but she's also kind-hearted and caring. I wouldn't be the person I am without her." It's why he's so excited at the prospect of their grand prize: a romantic seven-night trip for the two of them to Valentin Imperial Maya Resort in Mexico. As he puts it, "I just can't wait to spend some time alone with my wife!"

Does the idea of a getaway sound good to you too? See page 119 for details on how to enter your husband in next year's contest!

And there's more... Check out these sweet and sexy runners-up.

Father of a very full house

Gary Warner, 40 ➔

Hometown: Wooster, OH

Profession: Sergeant First Class in the U.S. Army

Family: Married 19 years to Shannon; father to Justin, 19, Kaylynne, 17, Shelbie, 13, Emilee, 11, Rebecca, 9, Jacob, 6, Londyn, 4, Joshua, 2, and Aylah, 8 months



Gary with baby number nine.

We have to start by asking about your nine kids. How do you and your wife make it all work?

We do our best to make time that's just for us—even if it's running errands together to buy clothes for the kids. We love our children, but for our marriage to stay strong, we need some alone time too. I bring her coffee every morning and night. That's our time to talk, just the two of us.

We hear you're a very hands-on dad—you'll help with dinner, clean up, and give the kids baths.

I've never had the mentality that the guy can sit on his butt and do nothing. There are no rules that say that a man can't fold laundry, do dishes, or change diapers. At this point, I'm a pro diaper-changer; I can do it in 10 seconds flat. I see how hard Shannon works, and I never want her to feel like she's the one doing everything. Especially with nine kids, we have to be a team.

FUN FACT

"I've got a Superman tattoo. My kids call me Superdad!"

What things do you like to do as a family? We love to go bowling. We usually fill two lanes. I admit, I'm the best bowler in the family. My three oldest kids try to beat me. Justin, who's 19, beat me once, but I'm still holding on to the title.

What's the best part of being married? Coming home to my best friend.



He's a hot husband, but Shannon (center) she's Wonder Woman.

TOP: PHOTOGRAPHED BY JEAN SMITH (2); HAIR AND MAKEUP: COURTNEY PETERS. WARNERS: COURTESY OF SUBJECTS (2).

THE DRIVING DIARIES Summer ROAD TRIP



Summer road trips are a rite of passage for American families—the long periods of forced family togetherness, the battles over who's encroaching on whose space in the back seat, and the endless rounds of “Are we there yet?” Despite all that, a family road trip *can* be a smooth ride for everyone—we promise!



CINDY RICHARDS, expert at TravelingMom.com, reveals her three keys to making a road trip more enjoyable with less hassle: food, fun, and physical activity.



Food

The best part about a road trip is that you can bring as many snacks and drinks as the car will hold. Stick with healthy, easy-to-eat snacks such as grapes, bananas, and granola bars. Avoid foods that can melt, especially if your A/C isn't in tip-top shape. Visit your NAPA AutoCare Center before the trip and ask them to check the refrigerant charge and outlet temperatures to avoid any problems.



Fun

Remember those classic car games you played as a kid? The alphabet game and the license plate game are still fun today and create great family interaction. Family-friendly DVDs and books on CDs are another option—just remember to test your car battery before the trip, because electronics can draw excessive electricity. If your car's battery is three years old or more, consider replacing it now.



Physical Activity

Getting out of the car at regular intervals is the key to maintaining everyone's sanity. Plan to stop every two hours—more often if you can. Parks and indoor play spaces at fast food restaurants are great places to play. While the kids are running around, take the time to check your tires and gas caps. Tires that are not properly inflated add rolling resistance that makes the engine work harder, and a loose gas cap can release harmful vapors into the environment.

NAPA's Peace Of Mind Warranty is good for 12 months or 12,000 miles and honored at more than 13,000 locations nationwide. Meaning wherever you go, you can count on NAPA quality workmanship and parts.

To find a NAPA AutoCare Center near you, visit NAPAAutoCare.com today!



Cindy Richards is a veteran reporter and mom of two who blogs about traveling with kids at Women on Their Way, ChicagoParent.com, and TravelingMom.com, where she also serves as editor.

An always-there supporter

Shaun Corimer, 35 ➔

Hometown: Fairhaven, MA

Profession: Contractor/
carpenter/foreman

Family: Married 5 years to
Dawn, 33; father to Noah, 5,
and Lucas, 2



"If we can't make a decision, we flip a coin!" Shaun says.

FUN FACT

"The last thing I read was *Dwell* magazine. It gives me design ideas!"

How do you feel about being a finalist? I was pretty embarrassed because I don't think of myself as hot. But I was also really flattered. The fact that my wife felt that way about me is sweet.

What did the guys you work with say about it? I'm in construction, so I expected the guys there to whistle and catcall me. But it wasn't that bad. Just a little teasing. And they voted for me!

When did you know that you wanted to marry Dawn? We were dating for nine months, and it hit me like a ton of bricks that she was the one. All I could think was that I had to propose to her as soon as possible. But then her dad got diagnosed with cancer and it was rough on her, so I had to postpone things. Once he pulled through, I popped the question.

So you must be pretty patient. That's one quality Dawn says I have. We complement each other. I'm shy and tend to think things through. She's more outgoing and impulsive. But together we make a great team. We're strongest and happiest when we're together.

Dawn said that when your youngest son got sick, you were her rock. When Lucas was 6 months old, he was diagnosed with Beckwith-Wiedemann syndrome, a growth disorder that increases his risk for cancer. That was tough as hell, but I tried to stay positive for her. We went to all his doctors' appointments together, and Dawn did a lot of research on her own, so I would watch the boys while she did that. Now, Lucas is a typical, crazy 2-year-old. We still take him for blood work and evaluations every three months, and we'll have to do that until he's 9—once he's that age, his cancer risk basically goes away. There's always the "what if" in the back of our minds, but we try not to think that way and to enjoy every moment we have together.

If you were to give Dawn an award, what would it be? Just one? It would have to be multiple awards: America's most thoughtful, loving, creative, hottest wife.



With his sons, Lucas and Noah.

He shows his love, long-distance

Corey Christopher, 34 ➔

Hometown: Columbus, OH

Profession: Air Force
sergeant on active
duty in Afghanistan

Family: Married 6 years
to Brittany; father to
Cayden, 6, and Cillian, 5



Corey and his family in January, before his most recent deployment.

Brittany told us that when she first laid eyes on you, she told her friends, "That's the guy I'm going to marry."

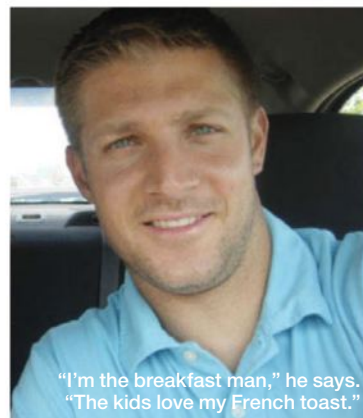
When did you realize she was the one? Five months into dating, I got deployed to Germany. I missed her, so I saved up my money and vacation time and flew her out, and we spent two weeks traveling in Europe. That's when I knew I wanted to spend the rest of my life with her.

You've been deployed in Afghanistan since January.

How do you stay connected while you're away? Before I left, I loaded up my iPod with photos, and Brittany sends me flash drives with videos of the kids doing karate or gymnastics. And we email three or four times a day, even if it's something silly, like, "Here's a picture of Cayden's Justin Bieber haircut" or "I wish I was there to drink coffee with you."

You also found ways to surprise Brittany by leaving notes for her on the calendar and arranging for someone to come and plow the snow. That's what us guys are here for, right? We're best friends, so I really just try to listen to her and think about what she needs. She's with the kids all day, every day, so when I'm home, I do bathtime and bedtime. I really enjoy it, and it gives Brittany a few hours off.

What do you want women to know about men? Men are simple creatures. We're not as complicated as you think. Give us a supportive wife and football on Sundays, and we're happy!



"I'm the breakfast man," he says. "The kids love my French toast."

FUN FACT

"My wife and I love to eat ice cream and watch *The Biggest Loser*."

COURTESY OF SUBJECTS (4).

Oscar Mayer

The bacon to
measure bacon by.

There's bacon. And then there's Oscar Mayer bacon. It's carefully selected and hand trimmed to be the best.



**it doesn't
get better
than this**

3 heroic husbands →

Behind some of the year's biggest headlines were courageous guys who saw a problem, stepped up without hesitation, and made a vast difference. Seriously, people—it doesn't get much hotter than that.



Wayne Rhatigan, 48
Hometown: Holbrook, NY
Profession: New York City mounted officer
Family: Married 22 years to Tinamarie, 45; father to Kyle, 17, Dylan, 13, and Hailey, 10

The Times Square savior

On a sunny evening last spring, NYPD officer Wayne Rhatigan was patrolling Times Square when a street vendor pointed out a smoking SUV. "The engine was running and the keys were in the ignition," says Wayne, "and the smoke smelled like gunpower. It hit me: The car was about to

blow." He called the fire department and then started to evacuate the area. "I knew I had limited time, but it was packed with tourists who wouldn't budge—some of them were taking pictures of the car." So he flagged down four officers who helped him close the block; moments later, the bomb squad arrived. It wasn't until later that night that Wayne learned he had thwarted a terrorist attack. "I just kept thinking of how we all could have died that day," he says. But Wayne didn't stop to pat himself on the back; he got home from his shift at 7 a.m., just in time to coach his daughter's lacrosse game.



Jeff Hart, 40
Hometown: Arvada, CO
Profession: Operations manager, Layne Christensen Drilling
Family: Married 8 years to Dora, 36; father to Morgan, 17, and Dylan, 8

The miners' hope

Last August, when Jeff Hart heard that it might take four months to rescue the 33 Chilean miners buried underground, he was appalled. "I knew it could be done sooner," he says. Then his company got a phone call from Chile, asking them to send down their best driller—and they picked Jeff. He assembled a team, and the men worked 18-hour days for more than a month. "The last two days were brutal," he remembers. "We were awake for 48 hours straight." Then, one by one, the miners emerged. "It was one of the most emotional moments of my life. We were hugging and cheering." Jeff was surrounded by the spouses and children of those he had saved. "They couldn't speak English, but they would put their hands on their heart and then on mine," he says. "There was an 8-year-old boy who broke into tears when he saw his dad. I have an 8-year-old son too, and seeing that reunion, well, that's what life is about."

when news of the devastating Japan earthquake and tsunami broke. Once there, David and his team got moving fast. "On our first day, we were met by a line of 250 people needing water, rice, and kerosene." A week after the quake, they had given supplies to more than 2,500 people. "It's overwhelming to see the grief," he admits. "But there are moments that take me by surprise. When we were loading a truck, a woman gave us a plant and asked us to deliver it to someone in need. It was a beautiful reminder of the human spirit and our desire to give hope in the midst of desperation."



David Darg, 32
Hometown: Virginia Beach, VA
Profession: Director of international disaster relief for Operation Blessing
Family: Married 3 years to Naomi, 23

The master rebuilder

"I've never seen destruction like this," David Darg told REDBOOK from Sendai, Japan, where he was on duty with Operation Blessing, a nonprofit that brings emergency aid around the world. He and his wife, Naomi, had spent the previous year and a half in Haiti, but David took the first plane out

BRENDA DELLA CASA



Hottest celeb hubbies

These star spouses are *smokin'*. You voted for your favorites, and the winners are...



#1 Chris O'Donnell, married 14 years to Caroline O'Donnell. We put the *NCIS: LA* star on the cover of last year's Hottest Husbands issue, and whaddaya know you're still crazy about him. Says Chris of his win, "I'm honored and flattered. Thank you, REDBOOK readers: You have great taste!"



#2 Taye Diggs, married 8 years to Idina Menzel. The *Private Practice* star handles the morning shifts with their 1 year old son, Walker, so his wife can sleep. Priceless!



#3 Tim McGraw, married 14 years to Faith Hill. The country crooner just launched his third hit fragrance: proof that men want to be like him, and you want your guy to *smell* like him.



#4 Will Smith, married 13 years to Jada Pinkett Smith. When this foxy dad watches Jaden and Willow perform, he's like a father at the world's biggest school play.



#5 David Beckham, married 11 years to Victoria Beckham. The soccer champ and father of three sons is getting his daddy's girl: Baby number four, a daughter, is due in July!

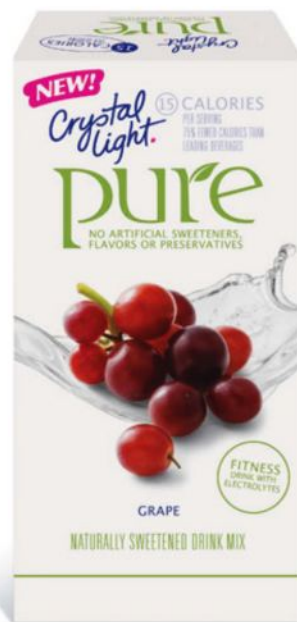


your body
is mostly water
keep it
pure

Introducing
Crystal Light Pure

Lightly flavored
No artificial sweeteners
No artificial flavors
No artificial preservatives
Only 15 calories

like us on
Facebook



Hottest fantasy husbands

What makes these guys so perfect? Could it be the fact that they're *not real*? Anyway, here's who you're dreaming about.



#1 **Edward Cullen**, as played by **Robert Pattinson**. Some of us even the ones with a house full of 'tweens are already camped out online to buy tickets for *The Twilight Saga: Breaking Dawn*, muttering, "just one more R Patz fix, and then I'll crush on someone my own age." Yeah, right. Maybe it's his chivalrous spirit that gets us, or that nifty, never gonna look older thing. So what if he's ice cold? We're having a hot flash!



#2 **Jim Halpert**, as played by **John Krasinski**. Proof that nice guys do finish, okay, second. But we'd take this cute, funny hub over a hot bore any day.



#3 **Mr. Darcy**, as played by **Colin Firth**. If only your guy could emulate his romantic intensity, perhaps while wearing skin tight riding breeches.



#4 **Derek Shepherd**, as played by **Patrick Dempsey**. The awesome hair, the bedroom eyes, the general sweetness.... Why isn't he on our HMO?



#5 **Uncle Jesse**, as played ages ago by **John Stamos**. The sexy bad boy turned hunky husband story line never goes out of style, mullet or not.

FROM LEFT: COURTESY OF SUMMIT ENTERTAINMENT; COURTESY OF NBC UNIVERSAL INC.; EVERETT COLLECTION; ABC/GETTY IMAGES (2); RESORT: COURTESY OF ST. CHOIX RENAISSANCE CARAMBOLA BEACH RESORT.

RAISINETS

THEY'RE A LOT LIKE US.

THEY GO FOR A SWIM



THEY DO YOGA



THEY POST FUNNY YOUTUBE™ VIDEOS



THE PERFECT TREAT FOR ANYTHING YOU DO.

At work, play or anything in between, Raisinets® make an ideal, balanced treat. Coated in rich Nestlé chocolate, they provide a half-serving of fruit in every quarter cup and contain 30% less fat than the leading chocolate brands.* Look for them in the candy aisle, and check out their funny videos at YouTube.com/Raisinets.

Nestlé
Good Food, Good Life

*8g fat vs. 11.4g fat (average) in 45g of the leading chocolate brands. NESTLÉ® and RAISINETS® are registered trademarks of Société des Produits Nestlé S.A., Vevey, Switzerland.

Enter your guy in our 2012 **Hottest Husband** contest!

Did you look through these pages and think, *My guy could take this, hands down?* Or perhaps just, *We could use a getaway, and I'm not above using my husband's hotness to get one!* Then enter him in this year's contest by our admissions deadline: **August 15, 2011**.

If your guy takes the prize, you'll win a 6 day, 5 night trip for 2 to the Renaissance St. Croix Carambola Beach Resort & Spa in the U.S. Virgin Islands, including 2 round trip airfare tickets and all sorts of fun extras: a couples' massage, chocolate covered strawberries, the works. (Can't you almost feel the sand beneath your feet?) The approximate retail value of all this bliss: \$4,600.

Entering your guy is easy. Tell us in 500 words or less why you think your husband is hot, and don't stint on the sweet details—maybe he packs the kids' lunches every morning, or he single handedly



renovated your basement, or he gives a mean foot massage.... Whatever it is, we want to know! Also be sure to include three recent photos of your guy in your entry. For details, see page 223 or go to redbookmag.com/hothusbands2012.

Better get him ready to go on TV: We've partnered with CBS's hit show *The Talk*, and next year's winner will be revealed on air in early January 2012!



© We Fit Your Life. © 2011 VF. All rights reserved. Limited Partnership.

> HOLDS ITS SHAPE

"They fit and flatter."

Stacy
STACY LONDON
STYLE & FIT EXPERT

Available at **Walmart**
Save money. Live better.

SLENDER STRETCH™
**INSTANTLY
SLIMS YOU**

RIDERS®
BY
Lee®

visit RIDERSBYLEE.COM for Stacy's Fit Tips
JOIN US ON FACEBOOK.COM/RIDERSBYLEE

BRAUN

"I want it all. Except compromise."

Wear your face.

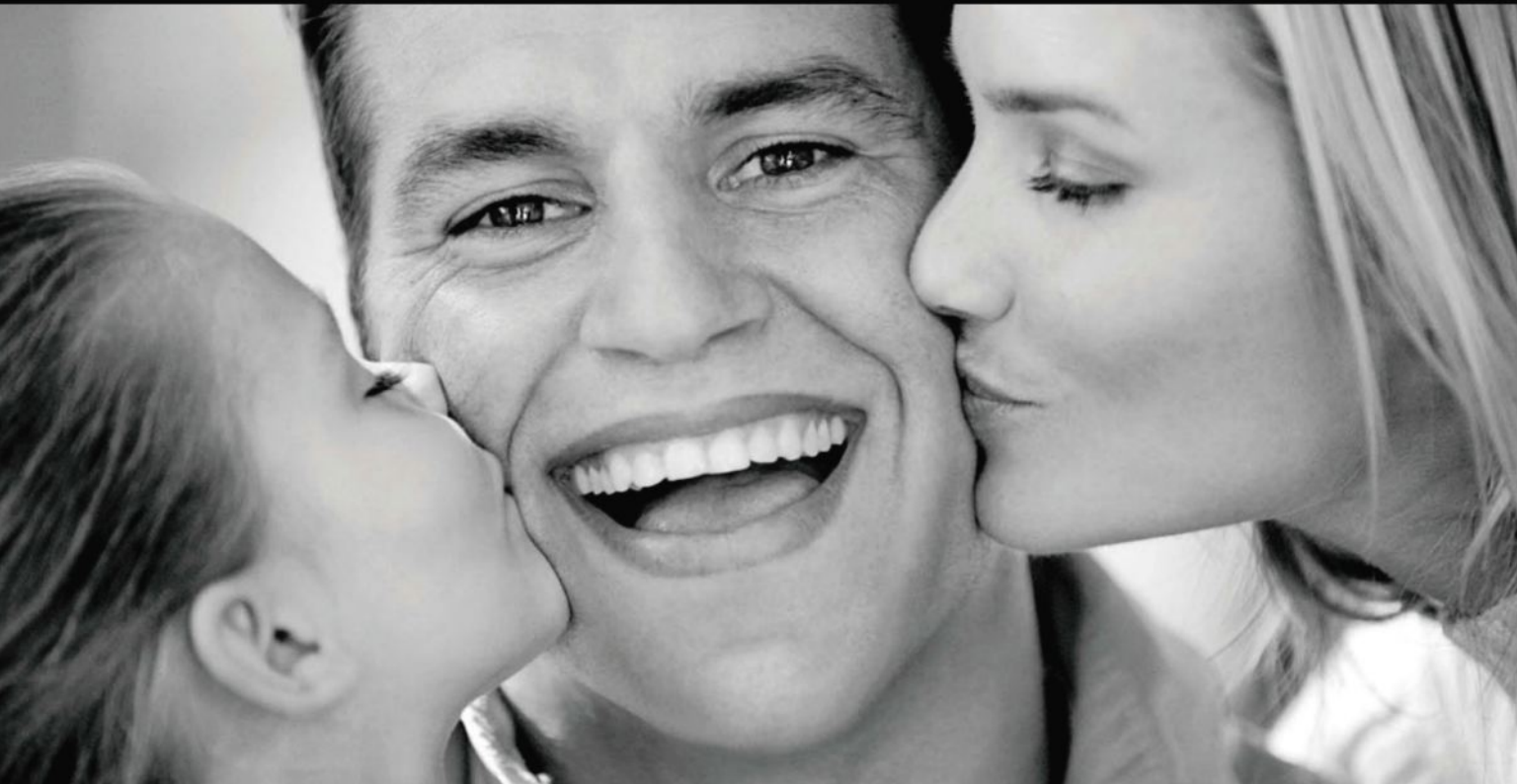


Money Back
60
day
Guarantee*

Make no compromise in life. Make no compromise when shaving. Have it wet or dry, the way you want it. The Braun Series 3 with Triple Action FreeFloat™ System. It's tough on beard and smooth on skin. Even in the shower. braun.com

Braun Series 3. The perfect gift for a man that wants it all.

*Satisfaction guaranteed. Return the unit and all parts (excl. shaver fluid) with your original receipt within 60 days of purchase for your money back. Call 1-800-BRAUN11 for more details.



Give a Gift to Remember

Father's Day is a time to show how much you care. Inspire him to put his best face forward by giving the gift of a complete and comfortable shave. **Designed and tested to last at least 6 years***, the **Braun Series 3 shaver** is the ultimate gift for every man in your life—or your **money back!**** The advanced technology and premium design not only make the Series 3 a trusted pick among consumers, but it also allows your guy to **go all weekend without shaving** and still get a close and comfortable shave to start the week. And with **wet/dry features** he can use it both in and out of the shower.

Don't compromise this Father's Day. Let Braun take the guesswork out of gift giving with these can't-miss features:

- **A Triple Action FreeFloat™ System** that adapts automatically to facial contours and shaves short and long hairs in every stroke
- **Smart Foil™ Technology** to capture hairs growing in different directions
- **3-Stage Cutting System** that progressively shortens longer hairs
- **Dermatologically tested and recommended** for a smooth shave with every use



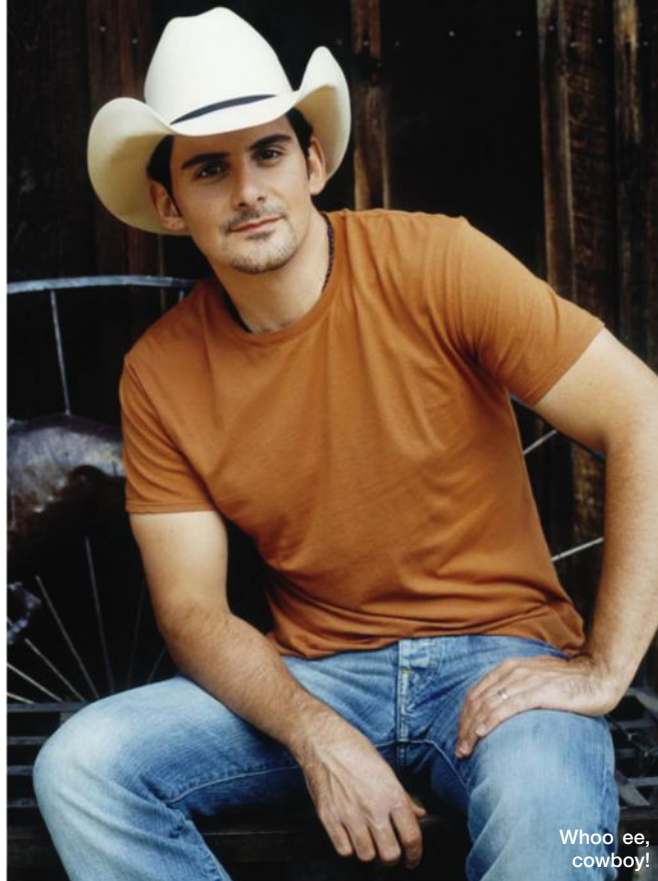
For the ultimate shaving performance, a full line of Braun products are available. Visit www.Braun.com for more information on the Series 3, 5, and 7 shavers.

* Excluding shaving cassette – use as indicated. ** Satisfaction guaranteed. Return the unit and all parts (excl. shaver fluid) with your original receipt within 60 days of purchase for your money back. Call 1-800-BRAUN11 for details.

BRAUN

Brad Paisley has *no idea* how cute he is

Which, of course, is part of his charm. And when he gushes in his Southern twang about his wife? It's almost too much for us!



Whoo ee, cowboy!

BRAD AT A GLANCE

Hidden talent:



ART

"I can draw really well."

Tour bus must have:



KONA COFFEE, FROM HAWAII

And since she's on our cover, his favorite Shania song:



"ANY MAN OF MINE"

"It was a game changer in country music."

Your new album, *This Is Country Music*, is about how life's little details add up to a lot.

What have your sons, Huck, 4, and Jasper, 2, taught you about living?

They've helped me realize how much time I used to waste. They grow so quickly, and if I don't catch every detail on video, I'll miss my chance.

What advice will you give your boys about women?

That there's no more important decision in life than who you marry. It'll determine your happiness, your fate—so many things. That when you get married, you have sealed what it will be like to wake up every day for the rest of your life.

So how did you know you were making the right choice with your wife [actress Kimberly Williams-Paisley]?

She's so down to earth—there's no pretentiousness. With Kim I realized that if I ever let her go, not only could I never do any better, but I would always regret it. So I had to marry her. I had no choice!

You two met when you hired her to be in one of your videos after seeing her in *Father of the Bride*. I don't want to say that's a crazy way to get the girl, but...

It is crazy! It was all a weird attempt to say "hi." I just can't believe it worked!

You clearly think she's quite a catch. Does she feel the same way?

At times. I remember when I played at the White House, she said, "Wow, I married the right guy." But I guarantee that on our first date, she had no idea what she was getting into. Deep down, I'm just a West Virginia hillbilly.

So she embraces your hillbilly side?

It's a learning curve. In Los Angeles on a Sunday, she'd hike in the canyons or go to Jamba Juice or an independent bookstore. In Nashville, I track my muddy shoes into the house, watch NASCAR, and ask her when the bacon's done.

After you got married, in 2003, Kim wrote a monthly column for REDBOOK and said you fought over whether to make the bed every day. Yes, and by the way, I won that fight! Neither one of us makes the bed anymore.

What else has changed since those days?

I've learned a lot about listening. My instinct is to fix every problem in five minutes—but she just wants me to listen to her for 40.

People say you're the funniest, hottest, nicest guy in country music. What would your wife say about that?

She'd say, "He's not that great." Unfortunately, she's been backstage. She's seen behind the curtain!

BRITTANY BURKE

Is your arthritis pain medicine putting you at risk for stomach issues?

Ask your doctor about VIMOVO.

VIMOVO is a prescription medicine that combines a proven arthritis pain reliever with built-in medication that can help protect you from stomach issues common to NSAIDs.

NSAIDs (nonsteroidal anti-inflammatory drugs) can effectively reduce the pain of osteoarthritis. But they may also lead to stomach issues which may keep you from taking the medicine you need.

VIMOVO combines a prescription arthritis pain medication with a built-in medicine that has been proven to reduce the risk of developing stomach (gastric) ulcers.*

So if you're worried about potential stomach issues with your arthritis pain medication, ask your doctor about VIMOVO.

* In 6-month clinical studies, compared with enteric-coated naproxen.

Medicine on the outside of VIMOVO helps reduce the risk of stomach ulcers.



Illustration not actual size.

Medicine on the inside of VIMOVO helps relieve arthritis pain.

Get your VIMOVO prescription for only

\$10[†]
each month

Sign up for a VIMOVO Savings Card today.

[†] Requires a prescription; subject to eligibility rules; restrictions apply.

Visit SaveOnVIMOVO.com

Approved Uses for VIMOVO

VIMOVO is approved to relieve the signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis, and to decrease the risk of stomach (gastric) ulcers in patients at risk of developing stomach ulcers from treatment with NSAIDs.

VIMOVO is not recommended as a starting treatment for relief of acute pain. Controlled studies do not extend beyond 6 months.

Important Safety Information

Like all medications that contain nonsteroidal anti inflammatory drugs (NSAIDs), VIMOVO may increase the chance of a heart attack or stroke that can lead to death. This chance increases with longer use of NSAID medicines, and in people who have heart disease. NSAID-containing medications, such as VIMOVO, should never be used before or after a type of heart surgery called coronary artery bypass graft (CABG). As with all medications that contain NSAIDs, VIMOVO may increase the chance of stomach and intestinal problems, such as bleeding or an ulcer, which can occur without warning and may cause death. Elderly patients are at greater risk for serious gastrointestinal events.

VIMOVO is not right for everyone, including patients who have had an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine, patients who are allergic to any of the ingredients in VIMOVO, or women in late stages of pregnancy.

Serious allergic reactions, including skin reactions, can occur without warning and can be life-threatening; discontinue use of VIMOVO at the first appearance of a skin rash, or if you develop sudden wheezing; swelling of the lips, tongue or throat; fainting; or problems swallowing.

VIMOVO should be used at the lowest dose and for the shortest amount of time as directed by your health care provider.

Tell your health care provider right away if you develop signs of active bleeding from any source.

VIMOVO can lead to onset of new hypertension or worsening of existing high blood pressure, either of which may contribute to an increased risk of a heart attack or stroke.

Speak with your health care provider before starting VIMOVO if you

- Have a history of ulcers or bleeding in the stomach or intestines
- Have heart problems, high blood pressure, or are taking high blood pressure medications
- Have kidney or liver problems

Review all the medications, even over-the-counter medications, you are taking with your health care provider before starting VIMOVO. Talk to your health care provider about your risk for bone fractures if you take VIMOVO for a long period of time.

The most common side effects of VIMOVO include: inflammation of the lining of the stomach, indigestion, diarrhea, stomach ulcers, abdominal pain, and nausea.

For further information on VIMOVO, please see the brief summary of full Prescribing Information, including Boxed Warnings on adjacent pages.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com

VimovoTM
(naproxen/esomeprazole magnesium)

375/20•500/20 mg delayed-release tablets

AstraZeneca

IMPORTANT INFORMATION ABOUT VIMOVO

Please read this summary carefully. It does not take the place of discussions with your doctor about the full Prescribing Information for VIMOVO and whether this drug is right for you.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT VIMOVO?

VIMOVO, which contains naproxen [a nonsteroidal anti-inflammatory drug (NSAID)] and esomeprazole magnesium [a proton pump inhibitor (PPI)], may increase the chance of a heart attack or stroke that can lead to death. This chance increases

- with longer use of NSAID medicines
 - in people who have heart disease
- NSAID medicines should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG). NSAID medicines can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding**
- can happen without warning symptoms
 - may cause death

The chance of a person getting an ulcer or bleeding increases with

- taking medicines called steroid hormones and blood thinners
- longer use
- smoking
- drinking alcohol
- older age
- having poor health

NSAID medicines should only be used

- exactly as prescribed
- at the lowest dose possible for your treatment
- for the shortest time needed

WHAT ARE THE POSSIBLE SIDE EFFECTS OF NSAIDS?

Serious side effects include

- heart attack
- stroke
- high blood pressure
- heart failure from body swelling (fluid retention)
- kidney problems including kidney failure
- bleeding and ulcers in the stomach and intestine
- low red blood cells (anemia)
- life-threatening skin reactions
- life-threatening allergic reactions
- liver problems including liver failure
- asthma attacks in people who have asthma

Other side effects include

- stomach pain
- constipation
- diarrhea
- gas
- heartburn
- nausea
- vomiting
- dizziness

Get emergency help right away if you have any of the following symptoms

- shortness of breath or trouble breathing

- chest pain
- weakness in one part or side of your body
- slurred speech
- swelling of the face or throat

Stop your NSAID medicine and call your health care provider right away if you have any of the following symptoms

- nausea
- more tired or weaker than usual
- itching
- your skin or eyes look yellow
- stomach pain
- flu-like symptoms
- vomit blood
- there is blood in your bowel movement or it is black and sticky like tar
- skin rash or blisters with fever
- unusual weight gain
- swelling of the arms and legs, hands and feet

These are not all the possible side effects with NSAIDs.

WHAT IS VIMOVO?

VIMOVO is a prescription medicine used to

- relieve signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis
- decrease the risk of developing stomach (gastric) ulcers in people who are at risk of developing gastric ulcers with NSAIDs

It is not known if VIMOVO is safe or effective in children under the age of 18.

WHO SHOULD NOT TAKE VIMOVO?

Do not take VIMOVO

- If you had an asthma attack, hives, or other allergic reaction after taking aspirin or other NSAID medicine
- If you are allergic to any of the ingredients in VIMOVO
- If you are allergic to any other PPI medicine
- For pain right before or after heart bypass surgery
- If you are in the third trimester of pregnancy

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE TAKING VIMOVO?

Before you take VIMOVO, tell your health care provider about all your medical conditions and all the medicines you take, including prescription and non-prescription, vitamins, and herbal supplements. Talk to your health care provider before taking any other NSAID-containing products.

- Using VIMOVO with other medicines can cause serious side effects
- Talk to your health care provider if you are pregnant or breast-feeding. NSAID medicine should not be used by pregnant women late in their pregnancy

HOW SHOULD I TAKE VIMOVO?

- Take VIMOVO at least 30 minutes before a meal
- Swallow VIMOVO tablets whole with liquid. Do not split, chew, crush, or dissolve the VIMOVO tablet
- You may use antacids while taking VIMOVO
- Do not change your dose or stop VIMOVO without first talking to your health care provider
- If you forget to take a dose of VIMOVO, take it as soon as you remember. If it is almost time for your next dose, do not take the missed dose. Take the next dose on time. Do not take 2 doses at one time to make up for a missed dose
- If you take too much VIMOVO, tell your health care provider, go to the closest hospital emergency room right away, or call your Poison Control Center at 1-800-222-1222

WHAT ARE THE POSSIBLE SIDE EFFECTS OF VIMOVO?

Serious side effects may include

- **High blood pressure**
- **Heart problems** such as congestive heart failure, heart attack, or stroke

- **Active bleeding**
- **Serious allergic reactions**
- **Serious skin reactions**
- **Liver problems**
- **Bone fracture**

Tell your health care provider or get emergency help right away if you have any of the following symptoms

- chest pain, weakness, or slurred speech
- trouble breathing or wheezing
- swelling of face, throat, or body
- severe skin blisters or peeling
- blood in your bowel movement or it is black and sticky like tar
- yellowing of skin or eyes

The most common side effects of VIMOVO include

- inflammation of the lining of the stomach
- indigestion
- diarrhea
- stomach ulcers
- stomach pain
- nausea

These are not all the possible side effects of VIMOVO. Call your health care provider for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088.

OTHER INFORMATION ABOUT NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

- Aspirin is an NSAID medicine but it does not increase the chance of a heart attack. Aspirin can cause bleeding in the brain, stomach, and intestines. Aspirin can also cause ulcers in the stomach and intestines
- Some of these NSAID medicines are sold in lower doses without a prescription (over-the-counter). Talk to your health care provider before using over-the-counter NSAIDs for more than 10 days

NSAID medicines that need a prescription

Generic Name	Trade Name
Celecoxib	Celebrex
Diclofenac	Cataflam, Voltaren, Arthrotec (combined with misoprostol)
Diflunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen	Nalfon, Nalfon 200
Flurbiprofen	Ansaid
Ibuprofen	Motrin, Tab-Profen, Vicoprofen* (combined with hydrocodone), Combunox (combined with oxycodone)
Indomethacin	Indocin, Indocin SR, Indo-Lemmon, Indomethagan
Ketoprofen	Oruvail
Ketorolac	Toradol
Mefenamic Acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Anaprox, Anaprox DS, EC-Naproxyn, Naprelan, VIMOVO
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin, Tolectin DS, Tolectin 600

* Vicoprofen contains the same dose of ibuprofen as over-the-counter (OTC) NSAIDs, and is usually used for less than 10 days to treat pain. The OTC NSAID label warns that long-term continuous use may increase the risk of heart attack or stroke.

For more information, call 1-800-236-9933 or go to www.VIMOVO.com

VIMOVO is a trademark of the AstraZeneca group of companies.

Other trademarks are the property of their respective companies.

© 2011 AstraZeneca LP, Wilmington, DE 19850 1082704 2/11

Vimovo
(naproxen/esomeprazole magnesium)
375/20•500/20 mg delayed-release tablets

AstraZeneca

His friendships (even the weird ones) explained

Men shed buddies as they get older, says Aaron Traister. Use this handy guide to ID—and understand—the ones he'll never let go.



Redbook columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/aaron.

It happens to the best, and most popular, of us (not that I'm either): After getting married and settling down, we men wake up one morning and discover that our once-mighty forest of guy friends has been slashed and burned, and all that remains are a couple of grizzled oaks and a few endangered saplings. I was out drinking with one such sapling named Rob recently, and he put it this way: "I'm 32. I've got a wife and three kids. And I've got two friends I see with any regularity. One of them is my brother, and the other one I've known since I was 5, so the only reason I still see them is because I'm pretty much stuck with them." Rob and I had a great time, but have I hung out with him since? No.

One reason for male friend slippage is simple: Guys just aren't as good at staying in touch as women are. My wife, Karel, has friends she sees only every three years, because of geography, but she's in constant contact with them. In my case, if we're close and you leave Philadelphia, you're pretty much dead to me. You know how I feel about the phone; if you really wanted to keep in touch, you wouldn't have moved farther away than Camden.

Another issue is that guys in different life phases just can't relate to one another. One minute you're Bluto from *Animal House*, the next you're Mr. Belding from *Saved By the Bell* and you can't tolerate your old band of Blutos. As Mike, a married father of four, told me, "I still

get calls every now and then from old friends who think I'm gonna come out in the middle of the night and go tagging [writing graffiti]. I'm like, 'Are you kidding?'" Personally, I have neither the time nor the patience I once did for the poor impulse control and general shadiness of guys I used to spend a lot of time with. I'm acutely aware of my residual adolescent issues (gluttony, lethargy, self-sabotage, and a general inability to work with others), but now that I have

a family to think about, I can't afford to worry about anyone else's.

Also, I now depend on my wife and my sister for any emotional heavy lifting. Women are so much better at that stuff than men. They get to the heart of the matter in a quarter of the time, without any joking, belching, or other emotional subterfuge. Which is not to say I'm lacking in Y-chromosomal camaraderie; it's just a different landscape. Once you no longer want or need a pack to party with every night, here's who's left:

1. The holdout. Almost all guys have this one—a best and oldest friend, the grizzled oak I mentioned earlier. Mine is named Caleb, and I've known him since we were 12. He was with us when Karel went into labor with our son, Noah, and he hung in at the hospital through all 56 harrowing hours. I can talk to him about anything, anytime. But he recently moved to Holland, so I don't. (Though he *is* the only person in the world I will Skype with.) ►



Devotion is...

found in every drop of the gourmet gravy she loves.



THE BEST INGREDIENT IS LOVE.™

2. Old-school Facebook friends.

These are guys you used to be close to but aren't anymore. Reunited by Facebook, you occasionally banter about football or Libya, but it's sorta awkward because in a past life, you've seen one another throw up and cry.

3. Facebook friends 2.0.

These are casual acquaintances, but thanks to the magic of Facebook, you've discovered how witty they are. They don't bring history or baggage, so you can imagine going out for a beer and having fun. But you don't have any history so it's weird to ask.

4. Friends-in-law, a.k.a. husbands of your wife's friends.

This dynamic is almost always pretty forced. Our wives might connect over their love for Etsy or large appliances, but I can only feign interest in golf for so long, and the guy next to me in the sweater vest drinking Rumble Minze feels the same way about my oral history of gangster rap and Marvel Comics.

5. Dad friends.

I like these guys. I've met them through my children. They're a low-maintenance and diverse group: cops, pastors, personal trainers, teachers. They aren't looking to hug and talk about feelings; they just want a night away from the wife and kids as badly as I do. One drawback:

Even though we want a night away from the kids, our conversations tend to drift that way, which suddenly makes us feel like mom friends, and that's creepy.

6. Stay-at-home-dad friends.

This is a small, special breed of dad friends I've bonded with because my writing career allows me to be the primary caregiver of our two little gremlins. Sadly, I've met a lot more in the last two years, but the economy's loss is my gain: Stay-at-home-dad friends are awesome!

They just don't give a f---.

This subset has a lot of pent-up frustration and energy. The last time we went out, we ended up at a BBQ joint in the middle of a blizzard. By 2 a.m., we were greasy with brisket, swigging homemade wine from a plastic milk jug, and snowboarding on actual snowboards

Dad friends want a night away from the wife and kids as badly as I do.

down the streets of my Philadelphia neighborhood. Stay-at-home-dad friends keep it a little too real for me to hang out with them often, which is why there was snow on the ground the last time I did.

These aforementioned dudes might not be a pretty bunch, but they serve their purpose. Now if you'll excuse me, I have to make a snide comment about Qaddafi to a Facebook friend whom I've seen cry and throw up at the same time. Yeah, we're that close. ®

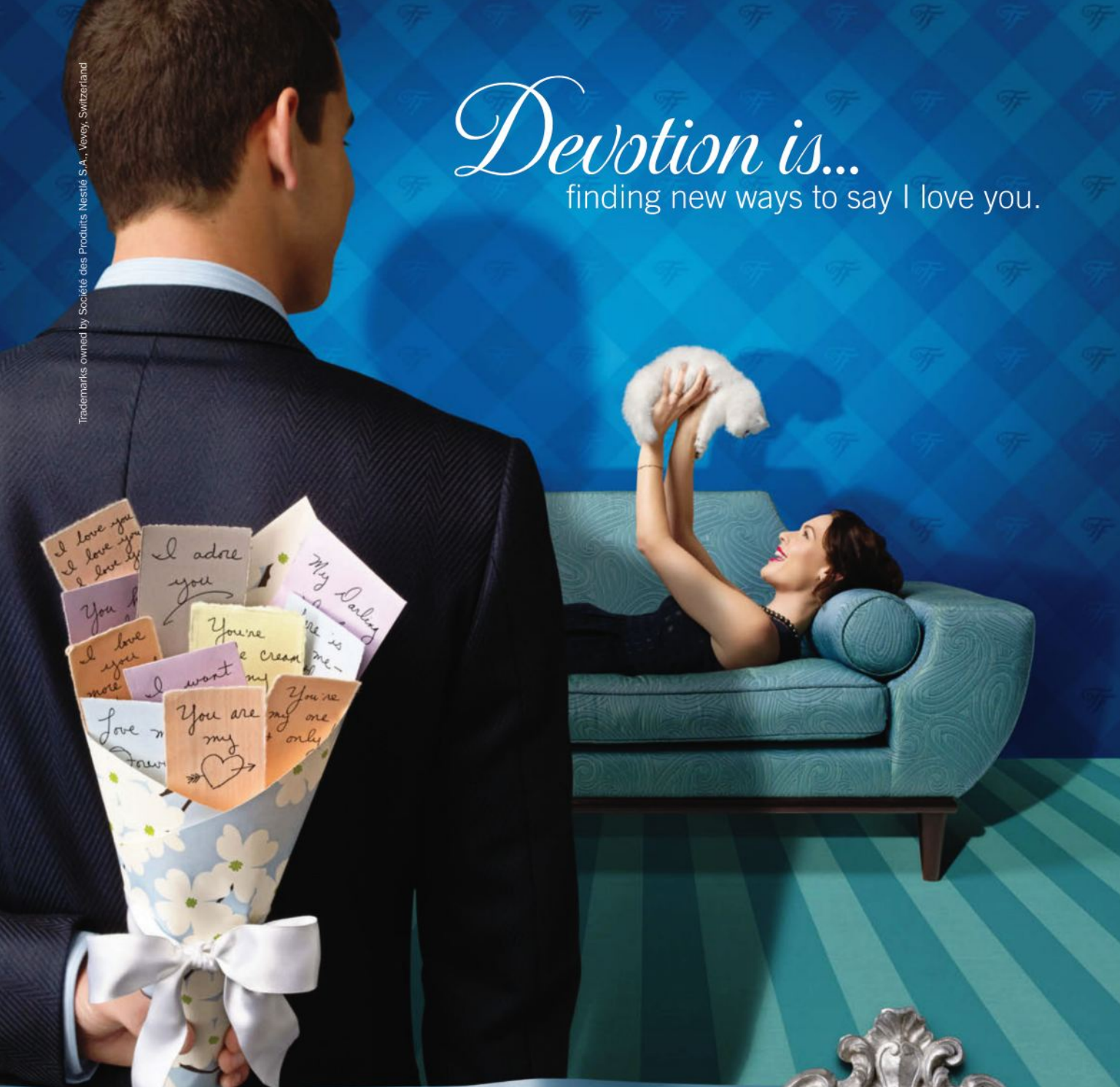
Straight answer from the Whys Guy

Dear Whys Guy: How do I deal with being a summer-sports widow? I'm just not into the outdoorsy stuff that my husband is, and I'm frustrated that we don't share the best part of Saturday together. —Kate, NY

Dear Kate: This was an issue in my marriage too. Karel was not a baseball fan when we met, and I didn't know (or care) much about gardening. But I quickly learned that it's easy to get into something that makes Karel so happy, and she learned that listening to a ball game while drinking a beer and dicing tomatoes fresh from the yard is a pretty soothing way to unwind after work. My advice? Start over with an open mind about something your husband is into, and ask him to do the same. Maybe you'll discover your inner rock climber/fly fisher, and he'll embrace the air-conditioned splendor of mall walking.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.

Devotion is...
finding new ways to say I love you.



For more than 25 years we've been creating exquisite expressions of devotion, inspired by the love you have for your cat. Now we'd like to invite you to join us on Facebook to share your stories and discover new ways to express your devotion every day.



Exes and in-laws and crushes, oh my! Karen Karbo knows how to handle each and every one of them.



Advice guru Karen Karbo is a mom, a teacher, and the author of *The Gospel According to Coco Chanel*.

Is he worth the risk?

Recently, an old friend came back into my life and told me he wants a relationship. He's amazing, but I'm just not interested. I have three wonderful kids and am in no position to get hurt by him or any man right now. Am I making the wrong choice? Is Prince Charming knocking? G.C., 41, OREGON

The *easy* answer is no—if you're not interested, you're not interested, and that's reason enough not to go any further. But be honest with yourself about the source of your reluctance: Have past relationships made you feel exceptionally vulnerable? If you could magically guarantee that he'll never break your heart, then would you go for it? If the answer to that one is "yes," then perhaps you could open the door just a crack. If this friend is truly a prince, he'll work with you. Get really honest with yourself—then trust your gut. It won't let you down.

My sister-in-law is a total flake

I'm finding it increasingly difficult to tolerate my husband's sister. Whenever there's a family event, my in-laws go through a charade of pretending she can be counted on to help, and I almost always pick up the slack when she doesn't come through. Recently, she agreed to help me throw a baby shower, then didn't even show up for it! How can I get everyone to stop playing these games? J.H., 24, SOUTH CAROLINA

It sounds like game-playing is part of a family dynamic that's been in place long before you came along. For reasons you'll probably never know, your sister-in-law has been cast in the role of the Unreliable One, with her family costarring as the People Who Pick Up the Slack. But you can refuse to play. Do you *have* to save the day when she drops the ball? Let her promise to bring the main dish at the next gathering; when she doesn't do it and the family has to send out for pizza, not only is it not the end of the world, it'll also be clear to everyone what's going on. Bottom line: You can't change your SIL or her relationship with her parents, so you've got to focus on doing what feels right for you.

She bad-mouths me to my own kids!

My ex and I don't get along so well, and now his new wife has been bad-mouthing me to our kids. How can I deal with the situation without just throttling her? I asked my ex to help and he wouldn't, even when our kids asked too! A.L., 41, CALIFORNIA

Your mantra, should you choose to accept it: We cannot control the behavior of others, we can only control our own. Rise above this woman's witchiness. The more she bad-mouths you, the worse she makes herself look. Console yourself with the fact that your kids certainly don't believe what she has to say, and the older they get, the more they'll admire your restraint and decency. Ultimately, isn't that the best payback of all?

Working with my ex is too awkward

I made one of the biggest mistakes of my life by dating a coworker. It's definitely over, but I'm not sure what to do when I see him in the office. With most relationships, it ends and you don't have to be with the person anymore, but I have to see this guy regularly. How do I deal?

J.P., 28, NEW YORK

Sometimes a change of perspective can make all the difference. So first of all, don't think of your hookup as a mistake but as a lesson learned. You did it, and only by doing it did you learn that you probably shouldn't have. When it comes to matters of the heart, we have a tendency to be pretty stubborn about going after who we want. So you messed up. It's okay, really! Letting yourself off the hook a bit may diffuse your emotions enough that you can treat this guy with the same impersonal respect you accord your other coworkers. It may be awkward at first, but if there's one thing you can count on, it's that time will pass. Focus on your work, not him, and eventually things will normalize.

Need advice about something in your life?

Send your questions about friends, family, coworkers, and anyone else to karenkarbo@redbookmag.com. Include your initials, age, and state. Letters may be edited for clarity and length.



YES.



YES, YES, YEEESSSS..!

Be a YES woman with Astroglide Personal Lubricant. Silky smooth and long lasting, Astroglide comes in a wide array of sensual selections to give you plenty of ways to enhance your romantic encounters. Water-based, water-soluble, latex safe, Astroglide is available where you already shop.

And YES, for a free sample visit Astroglide.com or call 800.848.5900.

ASTROGLIDE®

©2009 BioFilm IP, LLC

Available at **Walgreens** **CVS/pharmacy** **TARGET**

WorldMags

Join us
Facebook.com/Astroglide

Follow us
Twitter.com/Astroglide

I'm the dad my father wasn't



To find his own parenting voice, James Braly had to block out his father and listen only to his son.

I'm in front of my house, dressed like a 7-year-old San Francisco Giant, waiting for my dad to drive me to the game. (He lost custody of me—and any desire to ring our doorbell again—in my parents' divorce.)

Up rolls a yellow dune buggy, a loaner from the car dealership where he works. An hour later, we're in our seats... in *Oakland*. It turns out he bought tickets to the A's versus the Los Angeles Dodgers. I'm the only San Francisco Giant for 30 miles.

But I don't say, "Dad, you told me it was a Giants game!" Before he started selling cars, my father flew Air Force bombers in the Korean War. He once told me he came back from a mission and a cook screwed up his eggs—some white wasn't mixed with the yellow, so he mixed it up with the cook. "*If I can drop bombs at night, that meathead should be able to scramble eggs!*" He didn't have patience for imperfections, even his own. Mistakes were a weakness, so I knew mentioning his would ruin our day.

But one upside of a bitter divorce is that you always get a gift from the parent who lost the custody battle. So he buys me an A's hat, and at least my head blends in.

Nine innings later, we're driving home. The top's down, I've got a new hat, I feel good—until it flies off. I want to scream, "My hat!" to my dad, who hasn't noticed (he drives like he flies, oblivious to the copilot). But my words get trapped. God knows what he'd say to me for not thinking to take it off before getting into a *convertible*. So I turn around and look out the back as it rolls away.

One downside of a bitter divorce is that when you lose a present from the parent who only sees you every other weekend, you have even less to hold on to.

Decades later, when my own son, Julian, is 4, we're on vacation, and by some odd coincidence, we wind up crossing a bay in a little yellow pedal boat called Dune Bug.

Suddenly Julian screams, "My hat!" His first real cap, which I'd bought him for the trip. Time slows: the hat arcing toward the water, my hand closing on it, lifting it like Willie Mays. "Whoa!" says Julian. "That was close."

"That was close!" I repeat, laughing, delighted that he has the confidence to tell me what I was too afraid to tell my own father. I think, *What a good dad I am!*

That night, he wears the cap to sleep. And I lie in bed replaying the catch like a highlight reel. Then Julian calls me from the bathroom. He's learning how to aim. I'm his coach. I walk in.

He misses.

My dad's tight-wound voice pops into my head (as it does more often than I care to admit), saying, "If I can drop bombs at night, that little meathead should be able to hit the toilet!"

Julian jerks his head to see my reaction. It's like looking at me looking at my dad—as if there are three of us in that bathroom. And after a deep, personality-integrating breath, I say, "That's okay, Julian. We can clean it up." Julian's face brightens. "Yeah!" he says, standing under his baseball cap. "That's okay. We can clean it up." Like together we just invented the idea that it's all right to make mistakes—a beautiful thing to hear your little boy tell you, and to hear you telling yourself. ®

James Braly is the author of Life in a Marital Institution, a forthcoming memoir from St. Martin's Press and a one man show presented by Meredith Vieira Productions.

ILLUSTRATION BY LARA HARWOOD.



“I’ve been taking an antidepressant, but my depression was still creeping up on me.”

If you’ve been on an antidepressant for at least 6 weeks and are still struggling with depression, having ABILIFY added to your antidepressant may help with unresolved symptoms in as early as 1-2 weeks.*

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

Important Safety Information

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop uncontrollable facial or body movements, call your doctor, as these may be signs of **tardive dyskinesia (TD)**. TD may become permanent and the risk of TD may increase with the length of treatment and the overall dose. While TD can develop after taking the medicine at low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if the medicine is stopped
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death

- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials ($\geq 10\%$) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you’re taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.



Ask your doctor about the option of adding ABILIFY.

Register for a free ABILIFY offer[†] at ABILIFYfreeOffer.com.

*Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

[†]Restrictions apply.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org



Partnership for Prescription Assistance



Bristol-Myers Squibb



Otsuka Otsuka America Pharmaceutical, Inc.

570US10AB35101

January 2011

0310A-1159

IMPORTANT INFORMATION ABOUT ABILIFY (aripiprazole)

ABILIFY® (a BIL ī fi)
(aripiprazole)

Rx ONLY

This summary of the Medication Guide contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

What is the most important information I should know about ABILIFY?

Serious side effects may happen when you take ABILIFY, including:

• Increased risk of death in elderly patients with dementia-related psychosis:

Medicines like ABILIFY can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

• Risk of suicidal thoughts or actions: Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:

Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions including people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying, attempts to commit suicide, new or worse depression, new or worse anxiety, feeling very agitated or restless, panic attacks, trouble sleeping (insomnia), new or worse irritability, acting aggressive, being angry, or violent, acting on dangerous impulses, an extreme increase in activity and talking (mania), other unusual changes in behavior or mood.

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used to treat:

- major depressive disorder in adults, as an add-on treatment to an antidepressant medicine when you do not get better with an antidepressant alone.

The symptoms of major depressive disorder (MDD) include feeling of sadness and emptiness, loss of interest in activities that you once enjoyed and loss of energy, problems focusing and making decisions, feeling of worthlessness or guilt, changes in sleep or eating patterns, and thoughts of death or suicide.

What should I tell my healthcare provider before taking ABILIFY?

Before taking ABILIFY, tell your healthcare provider if you have or had:

- diabetes or high blood sugar in you or your family; your healthcare provider should check your blood sugar before you start ABILIFY and also during therapy.
- seizures (convulsions).
- low or high blood pressure.
- heart problems or stroke.
- pregnancy or plans to become pregnant. It is not known if ABILIFY will harm your unborn baby.
- breast-feeding or plans to breast-feed. It is not known if ABILIFY will pass into your breast milk. You and your healthcare provider should decide if you will take ABILIFY or breast-feed. You should not do both.
- low white blood cell count.
- phenylketonuria. ABILIFY DISCMLT Orally Disintegrating Tablets contain phenylalanine.
- any other medical conditions.

Tell your healthcare provider about all the medicines that you take or recently have taken, including prescription medicines, non-prescription medicines, herbal supplements, and vitamins.

ABILIFY and other medicines may affect each other causing possible serious side effects. ABILIFY may affect the way other medicines work, and other medicines may affect how ABILIFY works.

Your healthcare provider can tell you if it is safe to take ABILIFY with your other medicines. Do not start or stop any medicines while taking ABILIFY without talking to your healthcare provider first. Know the medicines you take. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.

How should I take ABILIFY?

- Take ABILIFY exactly as your healthcare provider tells you to take it. Do not change the dose or stop taking ABILIFY yourself.
- ABILIFY can be taken with or without food.
- ABILIFY tablets should be swallowed whole.
- If you miss a dose of ABILIFY, take the missed dose as soon as you remember. If it is almost time for the next dose, just skip the missed dose and take your next dose at the regular time. Do not take two doses of ABILIFY at the same time.
- If you take too much ABILIFY, call your healthcare provider or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What should I avoid while taking ABILIFY?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how ABILIFY affects you. ABILIFY may make you drowsy.
- Do not drink alcohol while taking ABILIFY.
- Avoid getting over-heated or dehydrated.
- Do not over-exercise.
- In hot weather, stay inside in a cool place if possible.
- Stay out of the sun. Do not wear too much or heavy clothing.
- Drink plenty of water.

What are the possible side effects of ABILIFY (aripiprazole)?

Serious side effects have been reported with ABILIFY including:

- **Neuroleptic malignant syndrome (NMS):** Tell your healthcare provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Call your healthcare provider right away if you have any of these symptoms.

- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take ABILIFY. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes), your healthcare provider should check your blood sugar before you start ABILIFY and during therapy.

Call your healthcare provider if you have any of these symptoms of high blood sugar while taking ABILIFY:

- feel very thirsty, need to urinate more than usual, feel very hungry, feel weak or tired, feel sick to your stomach, feel confused, or your breath smells fruity.
- **Difficulty swallowing:** may lead to aspiration and choking.
- **Tardive dyskinesia:** Call your healthcare provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking ABILIFY. Tardive dyskinesia may also start after you stop taking ABILIFY.
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting when rising too quickly from a sitting or lying position.
- **Low white blood cell count**
- **Seizures (convulsions)**

Common side effects with ABILIFY in adults include nausea, inner sense of restlessness/need to move (akathisia), vomiting, anxiety, constipation, insomnia, headache, restlessness, dizziness.

These are not all the possible side effects of ABILIFY. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about ABILIFY

- Store ABILIFY at room temperature, between 59°F to 86°F. Opened bottles of ABILIFY Oral Solution can be used for up to 6 months after opening, but not beyond the expiration date on the bottle. Keep ABILIFY and all medicines out of the reach of children.
- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use ABILIFY for a condition for which it was not prescribed. Do not give ABILIFY to other people, even if they have the same condition. It may harm them.
- This summary contains the most important information about ABILIFY. If you would like more information, talk with your healthcare provider. For more information about ABILIFY visit www.abilify.com.

Tablets manufactured by Otsuka Pharmaceutical Co, Ltd, Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA

Distributed and marketed by Otsuka America Pharmaceutical, Inc, Rockville, MD 20850 USA

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA
ABILIFY is a trademark of Otsuka Pharmaceutical Company.

 **Bristol-Myers Squibb**

 **Otsuka** Otsuka America Pharmaceutical, Inc.

1239550A9 0310L-1020 D6-B0001D-12-10-MDD
Rev 0508CBS01604 Rev December 2010

© 2010, Otsuka Pharmaceutical Co, Ltd, Tokyo, 101-8535 Japan



"I Lost **40** lbs. with Hydroxycut! It Really Works!"

"I had just gotten out of a bad relationship and decided that focusing on myself was my top priority. I had gained weight and was unhappy, but then I lost 40 pounds with *Pro Clinical Hydroxycut* in my diet and exercise plan and I've never felt or looked better!"

allison



Allison Albert – Dallas, TX

Allison used *Hydroxycut* with diet and exercise and was remunerated.

Clinically Proven Key Ingredients¹



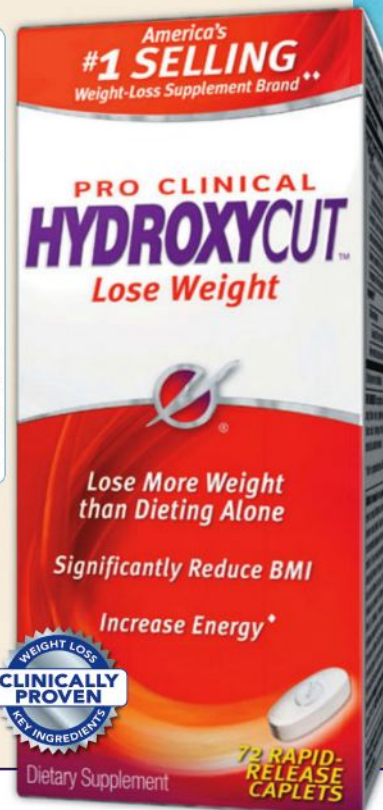
The clinically tested key ingredient combination is proven effective in two separate studies to provide powerful weight loss versus dieting alone. In fact, average weight loss with key ingredients was 20.94 lbs. vs. 1.70 lbs. with placebo in one 12-week study, and 16.50 lbs. vs. 1.73 lbs. in one 8-week study funded by the makers of *Hydroxycut*. All groups followed a calorie-reduced diet.



"I've reviewed the studies of the clinically proven key ingredients. Subjects lost significantly more weight than dieting alone. I highly recommend *Pro Clinical Hydroxycut*."

— Dr. Jeff Delson, M.D.
New York, NY

Hydroxycut.comsm



Supercenters

GNC Live Well

CVS/pharmacy

Walgreens

Vitamin Shoppe
Answers For Every Body

RITE AID

meijer

¹The key ingredients (*Hydroxyprovia*[™] blend) in *Pro Clinical Hydroxycut*[™] are *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum* and *Mentha longifolia*.

*Another ingredient (caffeine anhydrous [1,3,7-trimethylxanthine]) supports increased energy.

**Based on IRI F/D/MX dollar sales data for 12 weeks ending 12/26/10. Read the entire label before use. © 2011.

HOW HE DOES IT:

"A current parenting minefield in our house is the explosive topic of fart humor. My two boys think these jokes are hilarious. I do too (you never grow out of it). My wife, on the other hand, has no interest in hearing the latest gas passing gut buster, particularly at the dinner table. I've had to explain to the boys that there is a time and a place for it. Of course, if one of them offers up a joke with the punch line 'and then he farted!' (okay, that was the whole joke), I can try not to laugh. But I'm not making any promises."

BRETT SINGER, FOUNDER OF DADDYTIPS.COM



Fart and the world laughs with you (well, Dad anyway).



Her Highness will see you now.

LOVE, HONOR, AND OBEY... THE CHILDREN?

Cultural historian Pamela Haag argues that kids have taken up roost at the center of marriages in her new book, *Marriage Confidential: The Post-Romantic Age of Workhorse Wives, Royal Children, Undersexed Spouses, and Rebel Couples Who Are Rewriting the Rules*. She shares the details with REDBOOK.

Q: What compelled you to write this book now?

A: Couples seem to be much more overwhelmed by parenting than I remember my parents feeling. In my house, when company came over, the kids sat on rickety folding chairs at the kiddie table, which just doesn't exist anymore. What interested me was the child's migration from folding chair to throne.

Q: How did we get to this point?

A: There didn't used to be so much focus on the outcome of parenting, on doing it right. I've sometimes thought, *Is my son losing out because he's playing—not learning a second language—on the weekends?* But this is how most of us grew up. Playing with a variety of people, kids learn tolerance; they learn to imagine.

Q: How can you bring back hands-off parenting?

A: Let your kids play by themselves. Get a babysitter and go out. Stretch your own imagination. Children are a priority, but they shouldn't be your *only* priority.

Survival skills your family needs

In the aftermath of the Japanese tsunami, you have to wonder: If disaster were to strike tomorrow, what would *you* do? Catherine Hooper, founder of the crisis preparedness consulting firm Black Umbrella, shares key steps every family should take now.

1. Create a communication plan. Who in your family is most reachable, has the most access to the news, and is most decisive? That person's your family marshal, and the chain of command stems from him or her. Also choose a family meeting place: one close to home (say, a friend on the other side of town) and one farther afield (like your aunt's, 10 miles away).

2. Copy critical documents. Scan birth certificates, passports, even your marriage license and wills. Store files on a Web-based data storage system (such as Mozy) and on thumb drives, and make paper copies for your go bag (see next step).

3. Make a go bag. For a complete packing list, go to fema.gov. Update the bag periodically with seasonally appropriate clothes, prescriptions, etc. "Think of the bag as a living thing, not something to put in the closet and forget about," Hooper says.



Have a plan so you can act fast.



It looks like home cooking

It tastes like home cooking

Because it's just like home cooking



With an abundance of wholesome Birds Eye vegetables, quality meats and chef-inspired sauces in every bag, preparing a delicious, hearty home-cooked meal is as easy as going from freezer to skillet. **Get a taste of home cooking.**



“Why don’t I like my own child?”

It’s the most given of givens: Moms love their kids. But not for Jennifer Rabiner*. In this riveting confession, she admits that her young daughter disappointed her from day one.

A mom is never, ever supposed to admit this, but here goes: I’ve never liked my child.

Growing up, I had hoped to someday have a daughter, and I had a clear vision of what she would be like: vivacious, spunky, and whip-smart, socially savvy and self-assured. What I got was the polar opposite. At birth, Sophie was skinny and weak. She nursed poorly, and she cried so hard that she vomited—daily. As a toddler, she was strange. She wouldn’t make eye contact, and she’d scream bloody murder at the sound of ripping paper. Instead of scribbling with crayons, she’d line them up at the edge of the paper. She’d climb to the top of the slide and then cry to be rescued. She couldn’t—or wouldn’t—answer direct questions. She didn’t make friends. Life seemed hard for her. It broke my heart a little every day.

As you can probably imagine, I felt guilty that I was basically repelled by my own child. Who wouldn’t? But honestly, the guilt was overshadowed by a colossal sense of disappointment. This just wasn’t the magic mother-daughter bond that every book I read, every movie I

saw, and every family I’d ever met had led me to expect.

When Sophie was 18 months old, we visited my sister, now a psychologist, who said out of the blue, “You know, Sophie is an odd kid.” I asked what she meant. “She’s just kind of—*off*,” she said. Her comment upset me but only confirmed my suspicions that Sophie might be on the autism spectrum. I spoke to her day-care director and had her tested by the school district. Neither found anything wrong. I found a pediatric neurologist, but when they sent me forms to fill out, Sophie had none of the physical symptoms in the boxes under “Reason for Visit.” I canceled the appointment. My husband accused me of searching for a diagnosis that didn’t exist, but I needed to know why my daughter wasn’t meeting her developmental milestones, let alone my expectations.

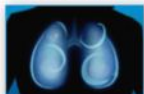
My husband, by contrast, has always loved and cherished Sophie for who she is. And he makes it look so easy! Instead of gritting his teeth through her most eccentric behaviors, he imitates them in an exaggerated way, which makes her howl with laughter. Then he starts laughing

JULIE BLACKMON.

For patients 12 years and older whose asthma is not well controlled on a long-term asthma medicine, or when disease severity warrants

My asthma... under control with the help of **SYMBICORT**.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.



SYMBICORT is an asthma control medicine that starts to work within 15 minutes,* helping me breathe better all day and night.† It won't replace a rescue inhaler for sudden symptoms. My doctor told me that SYMBICORT combines two medicines to help control inflammation and constriction.

Once your asthma is well controlled, your doctor will decide if you can stop taking SYMBICORT without loss of control and may prescribe a long-term asthma control medicine, such as an inhaled corticosteroid.

* Your results may vary.

† When taken twice daily.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta₂-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT should call their health care provider or get emergency medical care:

- if you experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection. You may have a higher chance of infection.
- if you experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain and swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your health care provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is a medicine for the treatment of asthma for people 12 years and older whose doctor has determined that their asthma is not well controlled with a long term asthma control medicine such as an inhaled corticosteroid or whose asthma is severe enough to begin treatment with SYMBICORT. SYMBICORT is not a treatment for sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.



**FREE
PRESCRIPTION OFFER†**

And even more savings for up to a year.† Call 1-888-312-0792 or visit MySymbicort.com/save

† Subject to eligibility rules. Restrictions apply.

**For more information, call 1-888-312-0792
or go to MySymbicort.com/save**

*If you're without prescription coverage and can't afford
your medication, AstraZeneca may be able to help.
For more information, please visit www.astrazeneca-us.com*

Symbicort[®]
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant: It is not known if SYMBICORT may harm your unborn baby
- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

SYMBICORT is a registered trademark of the AstraZeneca group of companies. Other brands mentioned are trademarks of their respective owners and are not trademarks of the AstraZeneca group of companies. The makers of these brands are not affiliated with and do not endorse AstraZeneca or its products.

© 2010 AstraZeneca LP. All rights reserved.
Manufactured for: AstraZeneca LP, Wilmington, DE 19850
By: AstraZeneca AB, Dunkerque, France Product of France
Rev 6/10 303634

Visit www.MySymbicort.com
Or, call 1-866-SYMBICORT



AstraZeneca

too, and they collapse in hugs. I envy his ease with her.

I might have thought I was lacking a maternal instinct, but when my second daughter was born, I was blown away by overwhelming Mommy Love. Lilah was exactly the baby I'd envisioned: strong and healthy, with a penetrating gaze. She nursed vigorously and smiled and laughed easily. She talked early and often and, even as a toddler, befriended everyone she met. When I hugged her, she squeezed back hard, and I felt my own heart beating in two bodies at once.

As Lilah grew healthy and robust, Sophie looked noticeably meek by comparison. It's true that I, like all my relatives, am petite, but Sophie was beyond small—weak, skinny, and pale. The contrasts between Lilah and Sophie went beyond the physical. There was Lilah, initiating a joyous game of peek-aboo at 6 months, while her sister, then 3, sat on the floor babbling phrases from books and TV shows. We'd ask, "Sophie, wanna join the game?" And she'd say: "Look, a clue! Where? Over there!" I called it her Rain Man act.

It got to the point where I viewed Sophie's every move through a lens of failure. At a birthday party, when she walked away from the parachute game the other kids were playing, I said, "There she goes again, being antisocial." But another mom said, "Sophie's doing her own thing. She wants no part of that dumb parachute. Smart girl." I thought, *Whoa! I would never have seen it that way.* To me, she was trapped in her own strange world, driven by her own mysterious motivations, and hopelessly incapable of being normal. I knew I was being hard on her, but I couldn't seem to stop.

A moment of reckoning came when Sophie was 4, at a playdate with my best friend and her daughter. I was judging Sophie as usual, criticizing how she was painting with the stick part of the paintbrush instead of the bristles, when my friend turned to me and said point-blank: "You are Sophie's mother. You're supposed to be her rock—the person she can count on most in the world for unconditional love and support. It doesn't matter if you like her or not; you still have to support her." I started to cry, because I knew she was right. And deep down, I was ashamed of how easily I had betrayed my own daughter. If I looked at my behavior objectively, it was disgusting.

My friend consoled me but didn't let me off the hook. "What are you going to do about this?" she asked. I honestly didn't know. Then, a few days later, we got a flyer from Sophie's preschool. It advertised a workshop by a clinical psychologist called "Loving and Honoring the Child You

Have, Not the One You Wish You Had." Bingo! I called the psychologist to see if we could meet privately, which we did. At her prompting, I described Sophie's various limitations, which I had jotted on the back of a business card:

- Has uneven skills (as a toddler, she knew the whole alphabet and could count to 60, but could barely string three words together).
- Hurts herself, perhaps out of anxiety (used to tear out clumps of hair, then began scratching herself).
- Doesn't express needs or even recognize them (will cry when hungry even as her peers use full sentences).
- Freaks out at high-pitched noises (like the beeping of an ATM).
- Prefers to play alone (when other kids try to play with her, she ignores them, or tries to play but doesn't seem to grasp how).

She nodded as I listed my grievances, and I got excited, expecting to hear a diagnosis that would finally make sense of Sophie's quirks and lead to an effective treatment. But no luck. She felt I wasn't attuned to Sophie's vulnerabilities—she's a sensitive soul; I'm a bull-in-a-china-shop type. *But something is wrong with my child,* I kept thinking. *Why can't anyone else see it?* Instead, she made suggestions designed to help me bond with her. I took notes.

The first thing I had to do, said the psychologist, was identify my expectations of Sophie so I could understand whether they were realistic or unachievable. As long as I wanted her to be someone she could never be, I was setting her up to fail, in my eyes, every single day. I explained that I wanted Sophie to make eye contact.

"That's too hard for her," the psychologist said, recalling my own checklist. "She's acutely sensitive—you whisper, and for her it's like a megaphone." I realized that I wished Sophie were tougher (she's hypersensitive), more outgoing (she's shy), and "cool" (even now, as a 9-year-old, she favors kittens and angels). Scrap those things. Start over. I needed to stop seeing what Sophie was *not* and start seeing what she *was*. A few months later, when Sophie drew a unicorn on a piece of construction paper and said she wanted to use it for her birthday party invitation, I resisted the temptation to hide it in the garbage and order glossy invites instead. Color copies of Sophie's rainbow unicorn went out to 45 kids—and I got emails raving about it! Score one for Sophie.

Still, denying my expectations day after day was hard. I wondered if my upbringing may have set the bar too high. As the daughter of a local politician, I was expected



to be a role model—to dress appropriately, smile and make small talk, write thoughtful thank-you notes. And I was a natural. My mother used to say, “Nothing succeeds like success,” and I stepped up. Why couldn’t Sophie?

I tried to ignore my gut instinct that something still wasn’t quite right. The psychologist recommended that I connect with Sophie over something she enjoys, and as much as Calico Critters weren’t my thing, I vowed to try. A few days later, I found her poring over a Mini Boden catalog. Aha! We shared a love of shopping! It might not be the most wholesome or financially sustainable hobby, but we needed to start somewhere. I plopped down next to her and asked, “If you could get one thing on each page, what would it be?” My sister and I had played this game as kids, and Sophie caught on instantly. Too bad life isn’t one big catalog game.

Instead, more often, it was Sophie crawling on all fours and meowing, shrieking, jabbering in made-up languages, and asking nonsensical questions (What if day were night, and night were day? What if it snowed in summer? What if our last name was Nebraska?). Even when I tried to help her—by going over the moves that tripped her up in dance class and urging her to stop transferring her boogers from nose

to mouth—I only did so because I wanted her to be accepted and liked, which was my agenda, not hers. Sadly, my efforts only made her feel more self-conscious and anxious. And I continued to feel exasperated and annoyed. Why was my own daughter so difficult for me to parent? I gradually got used to the feeling, but I never made peace with it.

Then, when Sophie was 7, a stunning revelation rocked our family’s world. At the prompting of our pediatrician, who was concerned about Sophie’s sluggish growth, she was tested and diagnosed with a growth hormone deficiency that had slowed her development across the board since birth. Her speech, motor skills, and social maturation were three years behind schedule. Wow! It wasn’t the diagnosis I expected, but it made sense. Growth hormone regulates so many functions in the body; Sophie’s lack of it explained everything from her blue moods and anxious behaviors to her difficulty communicating to her birdlike appetite and negligible muscle tone. My first reaction was relief—a diagnosis! Then hope—help is on the way! Then guilt. All this time, Sophie was struggling. She was 7 by the calendar but only 4 by her own body clock, a pre-K’er thrust into second grade. She was coping with enormous challenges every day without a mother who

Deep down,
I was ashamed
of how easily
I had betrayed
my own
daughter.
It was
disgusting.

The newest way to
SPEND THE DAY ON
★ cloud 9 ★



Introducing the new 2-in-1 top cover of Always Dri-Liners. One layer for absorption and a second layer that’s soft enough for every day. Feel clean and comfy for up to 10 hours. Always. *So soft, it’s magic.*

Available in Dri-Liners Regular, Long and Plus+ Long

©2011 P&G

WorldMag
www.downmagaz.com

believed in her. Even worse, I had resented her for letting me down, when it was *I* who was letting *her* down. I instantly regretted scads of horrible things I'd said to her over the years and prayed that the damage wasn't irreparable. What a wake-up call.

As the diagnosis sank in, I found myself feeling more tender, more motherly toward Sophie. Instead of me pitted against her, it's now us, together, pitted against this diagnosis. My husband is cautiously optimistic about the treatment (nightly hormone shots) but concerned about possible side effects. After all, he has accepted her as is all along. The happy dance I'm doing over this diagnosis is mine alone.

Whether I've finally learned to be a good parent to Sophie—or in spite of the fact that I haven't—my now-9-year-old is in a pretty good place. The hormone shots have delivered positive effects beyond inches and pounds. Sophie competes on the local gymnastics team, aces her spelling tests, goes on loads of play-dates, and loves to download songs for her iPod. She makes eye contact and answers direct questions. I'm pretty sure she's genuinely happy most of the time, though she's still fairly anxious and still occasionally meows and shrieks. I watch her sometimes, looking for clues of the emotional scarring I fear I've inflicted, but I see none. Instead, she takes running leaps into my arms, her strong legs squeezing my middle in her signature "cobra hug." Do we see eye to eye? Almost never. But do I try to prop her up every single day anyway? Yes, I do. After all, I'm her mom. ❷

"My wife is a good mom"

The author's husband knows she says some harsh, even shocking things in this essay. Here's what he'd like you to know about the woman behind those words.

My wife likes to fix things. She's an extrovert, a fighter. Her greatest fear is being alone. As a parent, it's hard to watch your child, this tiny creature you love more than yourself, struggle and remove herself from the group; harder still when you're a parent with a personality like Jenny's. Try as she might, Jenny couldn't "fix" Sophie, and I think that scared her. The search to find something wrong was her quest for an instruction booklet. But sometimes things aren't broken, they're just different and built to excel at things you're not. There's a laundry list of things no one ever tells you when you have children. One of them is that your child will teach you how to be the parent they need—if you're willing to listen. And I know Jenny is listening, because whenever Sophie has good news to share, a problem to solve, or a hurt to soothe, she goes looking for Mommy first.



"Now, Mom gets stains out almost as fast as I get them in."

OxiClean® removes tough stains, brightens colors, and whitens whites... all in one product. Just add to every laundry load to boost your detergent's cleaning power.



OxiClean® Gets the Tough Stains Out.
www.oxiclean.com

WorldMap

©2011 Church & Dwight Co., Inc.

Jamie Oliver,

interviewed
by his girls
Poppy, 9,
and Daisy, 8



**The best place to be at snack time?
Jamie Oliver's house! The *Food Revolution*
star talks shop with his daughters.**

Poppy: Daddy, why do we like so many different foods?

**Jamie: Because Daddy has always given you
different kinds of things to try since you were very
young. What's the craziest thing I've made for you?**

Poppy: Kangaroo!

Daisy: Rabbit! What do you and Mummy like to
do when you go on a date?

Jamie: Well, we definitely like to hug.

Daisy: Oooh!

Jamie: We like to kiss.

Daisy: Oooh!

**Jamie: Mummy likes it when I cook her a lovely meal
and we light the fire and have a few hugs.**

Daisy: What was the most exciting job you've ever done?

**Jamie: Probably when I was cooking for the
G20 Summit, for our prime minister and many
other countries' prime ministers.**

Daisy: Were you nervous, Daddy?

**Jamie: A little bit, because at Number 10 Downing
Street the house is not particularly well facilitated.
But we did it, and we did a good job.**

Daisy: What is Number 10 you're talking about?

Jamie: That's where our prime minister lives.

Daisy: Did I meet him?

Jamie: No, you met the Queen.

Daisy: No, I haven't, Daddy!

**Jamie: Yes, you did, you just don't remember because
there was a giant Winnie-the-Pooh standing next to
you and you were far more interested in him than you
were the Queen.**

ADAPTED BY LORI BERGER

*Jamie Oliver's Food
Revolution* airs Tuesdays
at 8 p.m. ET on ABC.

CHRIS TERRY/CONTOUR/GETTY IMAGES, INSETS, FROM TOP: FILMMAGIC/GETTY IMAGES, LISA O'CONNOR/ZUMA PRESS/CORBIS.

Offer valid through 8/31/11. Excludes business greeting cards. Discount is applied before shipping, postage and taxes. May not be combined with any other offers, including a promotion code, or applied to past purchases. Not valid in retail stores or on products sold on other websites, including those operated by Hallmark, its subsidiaries or affiliates. To and from U.S. only. Party plates sold separately from other products. © 2011 Hallmark Licensing, Inc.

PARTIES are **NOT** for EATING CAKE.

They're for being the center of attention.



SAVE 25% ON PERSONALIZED CARDS &
PARTY PLATES AT HALLMARK.COM/BIRTHDAY

Use promo code PARTY25 at checkout.

PERSONALIZE A PARTY AT HALLMARK.COM to make your child's big day a real event. Choose a favorite photo of a favorite face to brighten everything from plates to invites. And why not? Any chance to steal the spotlight is a special occasion.

Life IS A SPECIAL OCCASION.


HALLMARK.COM

"THOSE
MUNCHIES
WILL NEVER KNOW WHAT
HIT 'EM."



NEW Ritz Multigrain Crackerfuls.

Made with real cheese, plus 5 grams of fiber and 8 grams of whole grain per serving, they'll help keep you satisfied 'til your next meal. Find us on [facebook.com/ritzcrackers](https://www.facebook.com/ritzcrackers). **Ritz Crackerfuls. The great pick me up.**

Natural flavor with other natural flavors.



MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW

IT'S 9 A.M.

Time to
POWER UP
your day

● **Maximize your mental energy.**

"Tackle the toughest tasks when you have the most focus," says Pam Vaccaro, a time-management expert who made McDonald's more efficient. "If you're a morning person, take on big to-do's early and save tedious stuff for later. If your brain only starts ticking after lunch, do easy tasks in the a.m."

● **Put personal stuff aside.** Yup, that means avoiding private email and Facebook; check them later during 10-minute mental breaks. Save that other big time suck, chatty coworkers, for relief later on too. "Make lunch plans so you don't waste the start of your day recapping *The X Factor* together," says organizing pro Julie Morgenstern.

● **Plan ahead.** "Before you leave work, take a look at tomorrow's schedule and jot down a prioritized list for the next day," says personal productivity expert Peggy Duncan. Stick it in your wallet and read it the next morning while you're waiting for coffee or riding the train. It'll get you in the zone! NICOLE YORIO

FIVE-MINUTE MONEY MANAGER

Is it **smart** to pay with your smartphone?



REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

Some cell phones let you pay for anything—from sneakers to lattes—with money stored in virtual apps or by waving your phone, equipped with a tiny credit card sticker or chip (Visa, Discover, and Mastercard offer them), in front of a checkout scanner. But before you get caught up in all this gadgety

coolness, consider these potential snags.

● Bills may be harder to dispute.

Companies may route charges to your cell phone bill, which could lower federal protections that help you challenge bogus fees. Check policies before clicking "Buy."

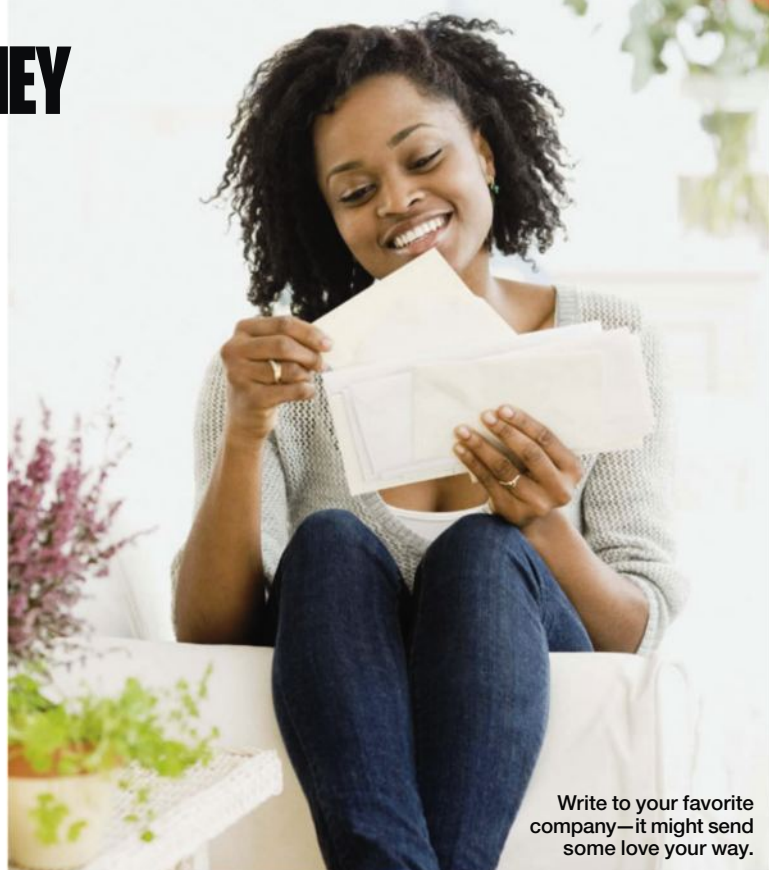
● Digital wallets are risky.

Most pay-by-phone programs allow you to store your credit or debit card info, for the convenience of one-click shopping. But if you lose your phone, anyone could gain access to your funds. Activate the security settings that prompt you to key in a password before completing a transaction.

● **Spending is too easy.** Studies show that consumers are willing to spend nearly *twice* as much when paying with plastic instead of cash, and researchers speculate that habits will only get worse when shopping by phone. Check your balance right after each purchase using your bank's mobile app, and remember: Any technology that makes shopping easier makes spending easier too.



Your caffeine fix: now available sans wallet.



Write to your favorite company—it might send some love your way.

DO THE **FREEBIE** EXPERIMENT!

Alison Storm learned to get something *actually*, lots of things *for nothing*. You can too.

I had just been through a hellish customer-service nightmare with a clothing store, the kind that makes you contemplate a Naomi Campbell-style tantrum. Instead of hurling my cell phone at the cashier's head, I complained to the chain's corporate office—and they sent me a \$20 gift card. It was a nice surprise, but I didn't like the anger overload required to get it. So I decided to try a different tack: I banged out 50 gushing notes to brands I love. "I don't normally take the time to show my appreciation," I wrote. "Like most people, I'm quick to complain but slower to pay a compliment. I just wanted to say, keep up the great work!" Within a week, my mail was overflowing with goodies like Oil of Olay body wash, Wisk detergent, and coupons from Chick-fil-A, P.F. Chang's, and my local grocery store, Publix. Turns out, even mega brands appreciate feedback. So whether you've got a complaint or a compliment, let companies know how you feel. These days, it's even easier to get their attention: Visit the "Contact Us" page on their website to find their address, email info, or Twitter handle, then sound off. Chances are, you'll get something great in return.

THESE REDBOOK READERS GOT FREE STUFF TOO!



"After an unusually bad dinner out, I tweeted, 'Very surprised—rude waitress and horrible service @X tonight. Usually impressed by this place, what gives?' The restaurant saw the tweet, quickly apologized, and sent me a \$50 gift certificate to make up for it." —JENNA BENNETT, 28, *Minneapolis*

"I was at the movies, and the theater was sweltering. I found a manager, reported the thermostat issue, and he made the adjustment. I followed up with a thank-you note, and over the next year, free movie passes showed up in my mailbox every few months." —NATASHA BOYD, 34, *New York City*



"I had booked a stay at a nice hotel through a travel site, but the hotel double-charged me for the room. I asked them for a refund, but it never came. So I got creative and emailed the hotel chain's board of directors about the situation. The very next day, they sent a refund, an extra \$150 for the hassle, and a voucher for a free night's stay." —BRANDI KOSKIE, 30, *Wichita, KS*



CLOCKWISE FROM TOP LEFT: TARA DONNE, JGI/GETTY IMAGES, COURTESY OF SUBJECTS (3), STUART TYSON/STUDIO D (PHONE), COURTESY OF STARBUCKS (APP).

QUITE A STEAL FOR A CLOTH-LIKE FEEL.

Vanity Fair® makes a soft, strong napkin that's affordable enough for everyday meals.



 Georgia-Pacific

vanityfairnapkins.com

© 2011 Georgia-Pacific Consumer Products LP. All rights reserved. VANITY FAIR, the Shell Emboss, and the Georgia-Pacific logo are trademarks owned by or licensed to Georgia-Pacific Consumer Products LP.

DO NOT DOUBLE MANUFACTURER'S COUPON EXPIRES 09/29/2011



SAVE 55¢
OFF ANY ONE (1) PACKAGE
OF VANITY FAIR NAPKINS,
PLATES, BOWLS OR CUPS



0042000-051393



CONSUMER: Redeemable only by purchasing the specified brand size. Void if reproduced, purchased, transferred or where prohibited, taxed or restricted by law. Any other use constitutes fraud. Consumer pays sales tax. LIMIT ONE COUPON PER ITEM PURCHASED. RETAILER: Mail to Georgia-Pacific Consumer Products LP, CMS Dept. 30400, 1 Fawcett Drive, Del Rio, TX 78840 to signify your compliance with our "Coupon Redemption Policy" (available upon request) and to be reimbursed for the face value plus 8¢ handling. Good only in U.S.A. Cash value .001¢. © 2011 Georgia-Pacific Consumer Products LP. All rights reserved. VANITY FAIR, the Shell Emboss, and the Georgia-Pacific Logo are trademarks owned by or licensed to Georgia-Pacific Consumer Products LP.  Georgia-Pacific

A side of Ken Jeong you haven't seen

The man who went full-frontal in *The Hangover* (we're bracing for this month's sequel) keeps it sweetly G-rated at home.



The *Community* star with wife Tran and daughters Zooey (left) and Alexa.



"My girls have no interest in my scenes in *Community*, but they love Troy and Abed," Ken says. "They're like Bert and Ernie to them. The girls try to rap along with them in Spanish."

I owe everything to my woman. My wife, Tran, encouraged me to quit my job as a doctor [of internal medicine] at 36 and pursue acting full-time. I had just finished filming *Knocked Up*, and it was life-changing. But I didn't have the courage to go for it until she persuaded me. Medicine is a hard-won skill, and acting can be a fickle profession, so I tried to be realistic. Now, I'm a spoiled actor. I get weekends off and hiatus weeks—time I never got as a doctor.

Parenting is all about dividing and conquering. It's like, "How do we make it easy on both of us?" Tran's with our 3½-year-old twins, Alexa and Zooey, in the morning, and I put them to bed at night. Sometimes, when I'm working on set, bedtime is the only part of the day I get to see the girls, so I live for that. And the girls prefer when I tuck them in because they know they can stay awake a few minutes longer.

Life isn't always funny business. Tran was diagnosed with breast cancer when the girls were only a year old. It was scary, but I was lucky that my acting schedule was in a lull. I was able to drive her to chemo treatments and take care of the girls. Finding out she was cancer-free two years ago was the best news of my life. Because of all we went through, we're grateful for our family. We've lived by this mantra ever since: Life is short; enjoy it now. At this point, any issues are pretty much uptown problems, because we're healthy and happy.

My wife has final script approval. I run everything by Tran, including the scene I did in *The Hangover* [Ken jumped out of a car trunk butt naked]. She's never cringed. It's rare to have a wife who is that secure about her husband doing outrageous things. But having her support makes me more confident and creative at work. I know that no matter what I do, she'll love me just the same. AS TOLD TO NICOLE YORIO

"When I tuck in the girls, I show them music videos by Radiohead and Peter Dinklage on our iPad," Ken says. "Tran will ask, 'Who is that?' and the girls say, 'It's Radiohead, Mom!'"



"When Ken gets home from a day on set, he's right back to daddy doing dishes and taking out the trash," Tran says. "He can't be a movie star."



"Tran and I got totally starstruck by Tina Fey," says Ken. "My friend was like, 'I'm going to say hi. Want to come?' I said, 'No. I'm too scared. I'm not ready for this.'"



"For Father's Day, I'm expecting homemade cards from my girls," says Ken. (These hearts are two recent masterpieces.) "And I hope they give me a massage. They walk up and down my back."

"Ken takes me to premieres," Tran says. "That's our date night. A free movie and free popcorn."





“**I** didn't know
all I could do to help
his ADHD.”

I spoke with our doctor and got informed.
He recommended once-daily **nonstimulant intuniv**
as part of my son's total ADHD treatment plan.

INTUNIV is a prescription medicine used to treat Attention Deficit Hyperactivity Disorder (ADHD) in patients 6 to 17, either alone or in combination with ADHD stimulant medications. INTUNIV was shown to work in clinical studies lasting up to 9 weeks. INTUNIV should be used as part of a total treatment program that may include counseling or other therapies.

Important Safety Information

Patients should not take INTUNIV if they are allergic to guanfacine or other ingredients in INTUNIV, or are taking other medicines containing guanfacine (eg, TENEX®). Tell the doctor about all medicines, vitamins, and herbal supplements your child is taking.

INTUNIV may cause serious side effects including low blood pressure, low heart rate, fainting, and sleepiness. Before starting INTUNIV, tell the doctor if your child has low blood pressure, low heart rate, heart problems, has fainted, has liver or kidney problems, is pregnant, breast-feeding or plans to become pregnant or breast-feed, or has any other medical condition. Patients should avoid becoming dehydrated or overheated while taking INTUNIV.

Patients should not drive or operate heavy equipment until understanding how INTUNIV affects them. INTUNIV can slow thinking and motor skills. While taking INTUNIV, patients should not drink alcohol or take other medicines that can cause sleepiness or dizziness as these symptoms may get worse.

The most common side effects of INTUNIV include sleepiness, tiredness, trouble sleeping, low blood pressure, nausea, stomach pain, and dizziness.

INTUNIV should be swallowed whole without crushing, chewing, or breaking the tablet. INTUNIV should not be taken with a high-fat meal. Do not change the dose or stop INTUNIV without talking with the doctor. The doctor will regularly check your child's blood pressure and heart rate.

Please see Patient Information on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

If you are having trouble affording your medicines, Shire may be able to help. Visit www.ShireCares.com or call 1-888-CARES-55.

For more information visit intuniv.com or call **1-866-272-1222**. Ask the doctor about nonstimulant INTUNIV.

intuniv®
(guanfacine) Extended
Release
Tablets

INTUNIV® (in-TOO-niv) (guanfacine) Extended-Release Tablets

Read the Patient Information that comes with INTUNIV® before you start taking it and each time you get a refill. There may be new information. **This leaflet does not take the place of talking with your doctor about your medical condition or your treatment.**

What is INTUNIV®?

INTUNIV® is a prescription medicine used to treat the symptoms of attention deficit/hyperactivity disorder (ADHD).

INTUNIV® is not a central nervous system (CNS) stimulant.

INTUNIV® should be used as a part of a total treatment program for ADHD that may include counselling or other therapies.

It is not known if INTUNIV® is effective:

- for use longer than 9 weeks

It is not known if INTUNIV® is safe or effective:

- in children younger than 6 years old
- in adults

What should I tell my doctor before taking INTUNIV®?

Before you take INTUNIV®, tell your doctor if you:

- have heart problems or a low heart rate
- have fainted
- have low blood pressure
- have liver or kidney problems
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if INTUNIV® will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breast-feeding or plan to breast-feed. It is not known if INTUNIV® passes into your breast milk. You and your doctor should decide if you will take INTUNIV® or breast-feed.

Tell your doctor about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

INTUNIV® may affect the way other medicines work, and other medicines may affect how INTUNIV® works.

Especially tell your doctor if you take:

- ketoconazole
- medicines that can affect enzyme metabolism
- valproic acid
- high blood pressure medicine
- sedatives
- benzodiazepines
- barbiturates
- antipsychotics

Ask your doctor or pharmacist for a list of these medicines, if you are not sure.

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist when you get a new medicine.

How should I take INTUNIV®?

- Take INTUNIV® exactly as your doctor tells you.
- Your doctor may change your dose. Do not change your dose of INTUNIV® without talking to your doctor.
- Do not stop taking INTUNIV® without talking to your doctor.
- INTUNIV® should be taken 1 time a day, either alone or in combination with an ADHD stimulant medication that your doctor may prescribe. Your doctor will tell you when to take INTUNIV® and when to take your ADHD stimulant medication.
- INTUNIV® should be swallowed whole with a small amount of water, milk, or other liquid.

- Do not crush, chew, or break INTUNIV®. Tell your doctor if you can not swallow INTUNIV® whole.
- Do not take INTUNIV® with a high-fat meal.
- Your doctor will check your blood pressure and heart rate while you take INTUNIV®.
- If you take too much INTUNIV®, call your local Poison Control Center or go to the nearest emergency room right away.

What should I avoid while taking INTUNIV®?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how INTUNIV® affects you. INTUNIV® can slow your thinking and motor skills.
- Do not drink alcohol or take other medicines that make you sleepy or dizzy while taking INTUNIV® until you talk with your doctor. INTUNIV® taken with alcohol or medicines that cause sleepiness or dizziness may make your sleepiness or dizziness worse.

What are the possible side effects of INTUNIV®?

INTUNIV® may cause serious side effects including:

- low blood pressure
- fainting
- low heart rate
- sleepiness

Get medical help right away, if you have any of the symptoms listed above.

The most common side effects of INTUNIV® include:

- sleepiness
- nausea
- tiredness
- stomach pain
- trouble sleeping
- dizziness
- low blood pressure

Tell the doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of INTUNIV®. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store INTUNIV®?

- Store INTUNIV® between 59°F to 86°F (15°C to 30°C)

Keep INTUNIV® and all medicines out of the reach of children.

General Information about INTUNIV®

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information Leaflet. Do not use INTUNIV® for a condition for which it was not prescribed. Do not give INTUNIV® to other people, even if they have the same symptoms that you have. It may harm them.

This leaflet summarizes the most important information about INTUNIV®. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about INTUNIV® that is written for health professionals.

For more information, go to www.INTUNIV.com or call 1-800-828-2088.

What are the ingredients in INTUNIV®?

Active ingredient: guanfacine hydrochloride

Inactive ingredients: hypromellose, methacrylic acid copolymer, lactose, povidone, crospovidone, microcrystalline cellulose, fumaric acid, and glycerol behenate. In addition, the 3-mg and 4-mg tablets also contain green pigment blend PB-1763.

Manufactured for Shire US Inc., Wayne, PA 19087.

INTUNIV® is a registered trademark of Shire LLC.

© 2011 Shire Pharmaceuticals Inc.

This product is covered by US patents including 5,854,290; 6,287,599; 6,811,794.

Version: February 2011 INT-01705



New money rules for couples

Postnups, financial three ways, paying your spouse for doing laundry.... More and more couples are devising their own, sometimes wacky money systems. How does yours compare? By Virginia Sole Smith



Finding a fair money split doesn't have to hurt.

Dan and me, the logistics work like this: We deposit our paychecks into a shared checking account for joint expenses like the mortgage, groceries, and date nights—then transfer an identical amount of money into each of our individual accounts to use however we please. (Mine goes to pedicures, dinners with my girlfriends, and last month, a speeding ticket. Oops.) The system works because we earn roughly the same amount, but when my income dipped last year, I took a little less “fun money” to keep things feeling fair.

This plan would've been hard to pull off in a world before online banking (or label makers), but

Nothing makes me feel more overtly “married” than when I open up my wallet to pay at Home Depot and pull out the shiny blue debit card labeled, in big block type, **SHARED**. My husband, Dan, broke out the label maker two months after we got married to distinguish the cards linked to our joint account from the identical blue debit cards we use for our separate personal checking accounts. (And in the rush of newlywed excitement, it didn't occur to him to use a more discreet font size.)

We've decided not to pool all of our money the way our parents did. Instead, we subscribe to what Manisha Thakor, founder of the Women's Financial Literacy Initiative, dubs “The Financial Three-Way: Yours, Mine, and Ours.” For

technology isn't the only reason couples are reinventing the traditional “one pot” approach to marital finances. As people marry later—the average age has drifted from 20 in 1950 to 26 in 2010, for women—we tend to arrive in marriage-land with separate financial identities that can be tricky to merge. And since 44 percent of people now move in together before marriage, many maintain their status as financial roommates even after getting hitched. In fact, one fifth of women in a recent REDBOOK poll said they keep their money *totally* separate from their partners, and nearly half have some cash stashed in an account only they can touch.

Some pairs, especially those in second marriages, keep money separate out of necessity. “People may have lingering

debt and they don't want their new spouse to be responsible for that," says Linda Lea Viken, president of the American Academy of Matrimonial Lawyers. She's seen an uptick in recent years of couples who want postnuptial agreements (just like prenups, only after you're already married). "A spouse may get defensive and think, *We're together, everything's great, why are you rocking the boat?*" Viken says. "But even if you don't put it all in writing, it's important to **hash out your** money issues now so you're both clear on what's shared and what's not, long before the worst-case scenario happens."

Yet even top financial experts can't agree on how to hammer out the details. Money maven Suze Orman would approve of my three-way approach: She advises newlyweds to open a shared bank account and credit card to manage the household stuff, but also to have separate accounts so each partner maintains a degree of financial independence. But *Washington Post* personal financial columnist Michelle Singletary has advocated for the "one pot" plan, calling separate finances the "selfish way to go in marriage."

Clearly, the real experts are you and your partner, and it's critical to find an arrangement that suits your exact situation, as pairs who bicker over bills once a week or more are 30 percent more likely to get divorced than those who squabble about it less, according to research from Utah State University.

Need a new system of your own? One of these couples' wildly different setups may work for you.

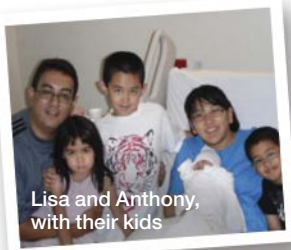
They focus on paying down debt, together

Lisa Gee-Gray, 35, and Anthony Gray, 39, Marana, AZ

THEIR MONEY SYSTEM: Lisa and Anthony pay all of their bills—including household expenses, contributions to their four kids' college funds, and credit card and student loan payments—from a joint account. Then they each get \$150 a month transferred to their personal

accounts to spend however they please.

WHY IT WORKS: "We're finally working as a team and have paid off \$18,000 of our debt in the last six months!" says Lisa. It's a big change from when they first got married.



Lisa and Anthony, with their kids

Back then, Lisa and Anthony, both engineers, agreed they would each be responsible for paying off their own student loans or any credit card debt—so they put less money in the joint pot and kept a bigger share of their income in

their individual accounts. But instead of paying down their credit balances, they both continued to charge things they wanted, and each secretly racked up more debt! They'd have intense fights—often ending in tears—when money got tight. Last fall, Anthony learned that Lisa had \$8,000 in credit card debt, and she was shocked to see he was still \$12,000 in the red. Now they've stopped using their personal credit cards, have instituted monthly money dates to discuss upcoming expenses, and have put retirement savings on hold until they're debt-free. "So far our plan is working. We want to have everything, with the exception of our mortgage, paid off in three years," Lisa says.

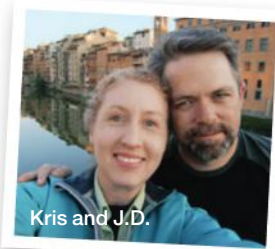
100% separate: They don't even know each other's salaries

Kris Gates, 41, and J.D. Roth, 42, Portland, OR

THEIR MONEY SYSTEM: With a "what's mine is mine" mind-set, the couple maintains

completely separate checking and savings accounts and splits household expenses between them. "I have no idea exactly how much Kris makes and spends, and she doesn't know my numbers either," says J.D., who earns most of his income from his website, getrichslowly.org. "I had \$35,000 in credit card debt when we got married, and Kris didn't want my foolish expenses draining the money that she worked hard to save, so we kept it separate," J.D. says. He tracks their expenditures for shared things like groceries and movie tickets with financial software. If the totals are lopsided at the end of the year, one of them writes the other a check to even things out. Also, as "payment" for Kris's doing his laundry, J.D. takes Kris's car to the pump for her and pays to fill it up.

WHY IT WORKS: "Some people, particularly some of J.D.'s blog commenters, think that separate finances mean we aren't fully invested in our marriage," says Kris, a scientist for the Oregon State Police. "But that simply isn't the case. We don't have to overlap financially to love each other deeply. Even if we had kids, I'd still want to keep a little money separate." As for the clever gas/laundry arrangement? "I'm so happy I don't have to gas up the car—a chore I hate," Kris says. "We choose to make the most of our individual strengths, and life runs smoother because of it."



Kris and J.D.

He gives her an allowance

Lynn Schell, 32, and Justin Wilbers, 30, Eugene, OR

THEIR MONEY SYSTEM: Justin controls it all. Lynn, a human resources recruiter, confesses that she's simply awful with money: "For the first four years of our relationship, I lived paycheck to paycheck, and every six months I'd overdraw my account—to the tune of \$300 or \$500 in overdraft fees! Justin would have to bail me



Poor piggy. Time to find a better fix for your money fights!

**LEAVE YOUR TABLE MANNERS
AT THE TABLE**



**THEY'RE ONLY KIDS FOR SO LONG.
LET THERE BE FUN WITH**

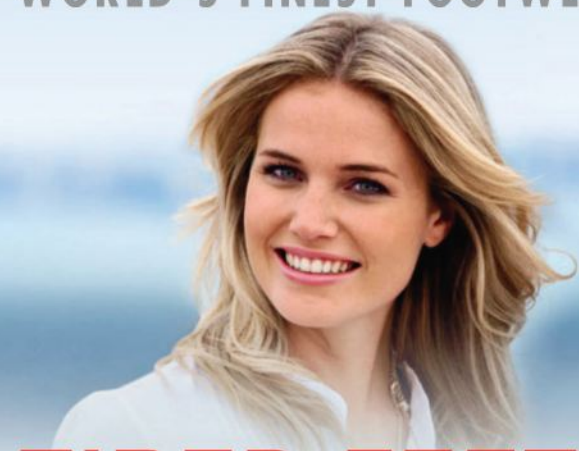


Skittles and all affiliated designs are trademarks of the Wm. Wrigley Jr. Company or its subsidiaries.

WorldMag

MEPHISTO

WORLD'S FINEST FOOTWEAR



TIRED FEET? NEVER AGAIN!

I WEAR MEPHISTO SANDALS WITH
SOFT-AIR TECHNOLOGY!



HERDA (5 - 12)
whole sizes only

HANDMADE
BY
MASTER
SHOEMAKERS



NAZLI (5 - 12)
whole sizes only

FOR A COMFORTABLE AND EFFORTLESS WALKING EXPERIENCE.

The **SOFT-AIR TECHNOLOGY** of MEPHISTO makes tired feet a thing of the past. The flexible **SOFT-AIR** mid-sole minimizes the shock resulting from walking which offers protection to your feet, relief for your joints and proper care for your back.



FOR HEALTHY FEET

Available at all MEPHISTO Shops and specialty shoe retailers near you.

To request your free catalog please write to:
MEPHISTO USA, 305 Seaboard Lane, Suite 328,
Franklin, TN 37067 info@mephistousa.com

www.mephistousa.com

LIVERICHLY



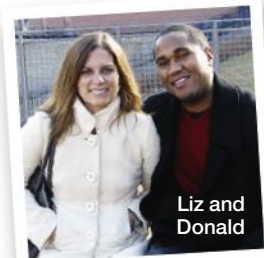
Lynn and Justin

out." Meanwhile, she struggled to make a dent in her \$50,000 of student loans and racked up \$7,000 in credit card debt. The couple has separate checking and savings accounts, but Justin manages Lynn's spending

and holds on to her debit cards. He pays all

of the bills and uses Lynn's money to make payments on her car, student loans, and credit cards. He hands her \$20 in "fun money" every Sunday.

WHY IT WORKS: "I know it sounds patriarchal, but putting Justin in charge of the money has been the best thing for me," Lynn says. At first, Justin balked at the plan: "I was afraid that being in control of Lynn's spending would make her upset with me all the time," he says. While it was tough for them to get used to the system, it has paid off. "For the first time, I'm actually contributing to our savings!" she says. "I never wanted Justin to be legally responsible for my debt, which is part of the reason why we held a wedding ceremony but are not legally hitched. Keeping my debt separate protects Justin's credit score, which will be important when we're ready to buy a house. And when kids enter the picture, I don't see our plan changing. At most, he'll increase my allowance so I have more money on hand for child-related emergencies."



Liz and
Donald

They've come up with their own equation

Liz, 30, and Donald

Thurston, 34, Centreville, VA

THEIR MONEY SYSTEM: Because Donald, a manager for a rental-car chain, earns roughly 40 percent more than his wife, Liz, a nonprofit director, he pays

40 percent more of their shared expenses. "When we first got married, we split all the bills evenly, but I could barely come up with my half every month," says Liz. Now, Donald covers the mortgage, the phone bill, and the couple's gym memberships, while Liz handles the utilities, garbage collection, and groceries. "It adds up when you're feeding a 6-foot-3-inch, 225-pound man!" says Liz. They pay for everything out of their individual checking accounts, but they keep one shared savings account for tax refunds and any bonus income they bring in throughout the year. "That's our nest egg, and we try to put some cash in that account regularly," she says. "When we have kids, I think we'll simply shift the balance. More of each of our earnings will go into our shared 'family' savings, but we'll always keep our own personal accounts too."

WHY IT WORKS: "Having separate accounts makes us communicate even more about money, because we're always keeping each other in the loop about things," says Donald.

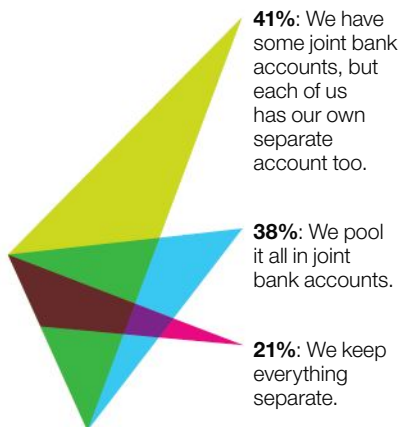
FROM TOP: COURTESY OF ANNE NUNN PHOTOGRAPHERS, COURTESY OF SUBJECTS.

And they both appreciate the financial freedom afforded by the two-pot plan: "I like that I can go shopping at the mall and I don't have to worry that he's going to analyze my every

purchase," Liz adds. "It feels very fair to us because we both spend pretty reasonably. So there's no worry that one of us is going to take advantage of the system." ❷

HOW YOU DEAL

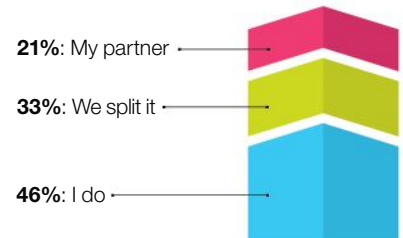
Do you and your partner pool your money or keep it separate?



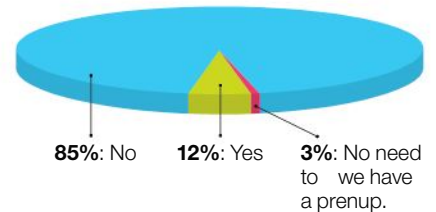
If you do have a separate savings stash, why?



Who physically pays the bills and balances the accounts?



Would you consider asking your partner for a postnup?



Scan the code or visit [FACEBOOK.COM/ALPO](https://facebook.com/alpo) to watch real dogs take a stand.

Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland

AL SAYS, "VIRTUAL THIS, VIRTUAL THAT...WHATEVER HAPPENED TO REAL?"

AL'S THE VOICE OF REAL DOGS.

He figures no fancy app will ever outdo the awesome goodness of ALPO® Chop House® in Gourmet Gravy. Tender, meaty and simmered in savory gravy. Mmm, complete and balanced ALPO Chop House in Gourmet Gravy.

REAL DOGS EAT MEAT.™





Are you living with chronic osteoarthritis pain
or chronic low back pain?



Cymbalta can help.

Cymbalta is approved by the FDA for the management of chronic musculoskeletal pain in people with chronic osteoarthritis pain and chronic low back pain.

There is good news.

When taken once a day, every day, Cymbalta can help significantly reduce your chronic osteoarthritis pain or chronic low back pain. It is a non-narcotic, non-NSAID prescription medicine.

Did you know that your body has a natural pain-suppressing system that can help regulate the amount of pain you feel?

Although the exact way that Cymbalta works to reduce chronic osteoarthritis pain or chronic low back pain is unknown, it is believed that Cymbalta helps lessen pain by enhancing the body's natural pain-suppressing system by increasing the activity of serotonin and norepinephrine in the brain and spinal cord.

Visit cymbalta.com or call 1-877-CYMBALTA to learn more. Ask your doctor about Cymbalta.

Cymbalta is approved for the management of chronic musculoskeletal pain in people with chronic osteoarthritis pain and chronic low back pain.

Important Safety Information About Cymbalta

The most important information you should know about Cymbalta:

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone.

Do not take Cymbalta if you:

- have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril® (thioridazine)
- have uncontrolled narrow-angle glaucoma (increased eye pressure)

Talk with your healthcare provider:

- about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- if you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- about your alcohol use

- about all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- if you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- before stopping Cymbalta or changing your dose
- if you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- about your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- if you develop problems with urine flow while taking Cymbalta
- if you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- nausea, dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

You are encouraged to report negative side effects of Prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

How to take Cymbalta:

Take Cymbalta exactly as directed by your healthcare provider. Cymbalta should be taken by mouth. Do not open, break or chew capsule, it must be swallowed whole. Cymbalta can be taken with or without food.

DD CON-A ISI 10NOV10

See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

 **Cymbalta®** DELAYED
duloxetine HCl RELEASE
CAPSULES

Cymbalta can help.



If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

Lilly

Information For Patients About Cymbalta

Please read this information carefully before you, or your family member start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

What is the most important information I should know about Cymbalta?

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); for the management of fibromyalgia (FM); the management of diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain; and for chronic musculoskeletal pain, including the management of chronic pain due to osteoarthritis and chronic low back pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription

medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI

- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breast-feeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, fibromyalgia, and chronic musculoskeletal pain, including chronic pain due to osteoarthritis pain and chronic low back pain), the most common side effect was nausea.
- Other common side effects included dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating.

This is not a complete list of side effects.

See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

Eli Lilly and Company
Lilly Corporate Center
Indianapolis, IN - USA

Mellaril, Nardil, Parnate, and Emsam are registered trademarks of their manufacturers.

DD70207 © 2011 Lilly USA, LLC. All rights reserved.
Cymbalta is a registered trademark of Eli Lilly and Company.
DD CON BS 17NOV10 PV 7213 amp

Clean up the kitchen!

Clear counters make us drunk with happiness, so we found fail-safe ways to organize the key stuff (and hide the rest).



Find more prep space!

A stove-side lazy Susan is perfect for the usual suspects, like salt, pepper, and oil. Other counter-space-worthy items include your most-used spoons and spatulas (throw them in an old vase—or even a coffee can). If you're slicing and dicing constantly, keep knives on a mounted magnetic board; it's much more streamlined than a wooden block. Then fold those towels and pot holders and store in a nearby drawer.



Use a stainless-steel rack

to dry items you won't put in the dishwasher; it looks sleeker and lasts longer than wood or plastic. Then, ditch the soap bottles by the sink and fill *one* automated dispenser with detergent that's easy on skin, says kitchen designer Susan Serra, of www.thekitchendesigner.org (she likes Seventh Generation Natural Dish Liquid). Her other tip: Cut down on germs by moving the sponge to a holder away from the faucet stream.



Use it or move it. "If you reach for an item a few times a week, it belongs on the counter," says Serra. "Everything else goes in a cabinet." If you're like us and need caffeine in the a.m., put the coffeemaker and a tray with grinds and sugar in an easy-access spot, and push your second-most-used gadget further back (like our toaster). If you have a corner, tuck your all-the-time items there to avoid wasted space.



Japan needs *your* help

It's been three months since an earthquake and tsunami decimated Japan's coast, and tens of thousands of **families are still reeling**. You can make a difference with just one idea from this list.



Empact Northwest volunteers (in tan coats, from left) Sil Knoblich, Armadeus Davidson, and Kelly Melton with Tokyo fire fighters just days after the quake.

1 Chip in to support a charity that's aiding Japan. "Trust us, even three months later, the people of Japan will still be recovering," says firefighter Kelly Melton, 33, who joined a five-person volunteer rescue team and arrived in Japan to help a mere 72 hours after the quake.

"We're not sit-at-home-and-watch kind of people," says Sil Knoblich, 34, an emergency medical technician who volunteered with Kelly and others from Empact Northwest, a disaster-response nonprofit in Seattle. Once in Tokyo, team member and nurse Tamara Alvarez, 33, met up with her brother (who's lived there since he was a child) to arrange travel to the devastated regions. "Since we arrived so early, everyone was still trying to get a handle on the situation," Kelly explains. So they offered to do anything they could. "I saw a woman clearing mounds of debris out of her storefront, so I found another shovel and got to work," Sil says.

Can't get on a plane like this fearless team did? "It doesn't matter—just pick up the phone, call a group in your area, and ask what you can do," Kelly says. "The big-name charities are invaluable, but there are smaller organizations doing great stuff too. We needed a lot of help from back home, from coworkers who covered our shifts to friends who pitched in to pay for the plane tickets." To donate to Empact, go to empactnorthwest.org, or search charitynavigator.org to find charities near you that are working in Japan.

2 Fund Japanese-based nonprofits through globalgiving.org, a site that highlights charities, particularly small-scale ones that lack the resources to fund-raise worldwide. Donations to Japan have lagged: In the first six days post-tsunami, Japan received \$87 million, compared with \$210 million sent to Haiti over the same period of time last year. "People think Japan doesn't need their help because it's a wealthy country," says Global Giving's president and cofounder, Mari Kuraishi, who is originally from Japan. "But they will be rebuilding—and will need our help—for years, so the projects we support are a mix of relief and reconstruction."

3 Start a coin-collection initiative in your child's classroom and encourage parents and students to donate spare change to Hands On Tokyo, a nonprofit in Japan that pairs volunteers with service projects in the devastated areas. For more info, visit generationon.org/parents and click on Project Ideas.

4 Text JAPAN to 20222 to donate \$10 to Save the Children, a charity that's been working in Japan for 25 years and has set up kid-friendly safe havens for some of the 74,000 children in evacuation centers.

5 Buy a Tory Burch "Japan Relief" T-shirt for \$29 at toryburch.com through September 15 and 100 percent of the cost will go to the American Red Cross. Nan Buzard, a disaster management expert with the Red Cross, says, "There was a large elderly population living in some of the hardest-hit regions, and we're here to help those of them who can't relocate."

6 Organize a clothing drive to collect unworn apparel for the international aid organization Kids in Distressed Situations (KIDS). It will distribute the items to Japanese children living in shelters. Get details at kidsdonations.org.

7 Download *Songs for Japan*, a compilation of 38 great tracks from Kings of Leon, Adele, Lady Antebellum, and more, on Amazon or iTunes for \$9.99. All proceeds will benefit the Japanese Red Cross as they help their country get back on its feet. **JIHAN THOMPSON**

He wears many hats.



And we just gave him another.

For James Seaton, being a dependable mentor and friend to the kids at the **Boys & Girls Club of Lenawee, MI** sure doesn't seem like anything out of the ordinary. But here at Maytag, we see it a little differently. Because for the kids at the Club, his reliable presence gives them the confidence to become extraordinary people.

Know someone who wears dependability well?
Show us at facebook.com/maytag



WHAT'S INSIDE MATTERS™
WorldMags



Save yourself from my vacation nightmare!

When you combine travel, kids, and—for the truly stout-hearted—in-laws, anything can happen. Read these true-life postcards from the edge and avoid some undue drama.
By Lisa Freedman



Hour 2 of vacation, hurricane hits!

My mother-in-law rented a big beach house in Duck, NC, for a family vacation. All eight of us gathered there to find a beautiful home with huge suites for everyone. But outside was a different story. The wind started picking up right after we arrived, and it became clear within a few hours that we'd have to evacuate because of a fast-approaching hurricane. There were incredible gusts, the waves were enormous, and red flags stuck out all over the beach. Of course, my husband made us gather on the sand for a quick wind-whipped family portrait before getting in our cars to drive 12 hours home. (Just crossing the bridge from the island to the mainland took hours, thanks to the evacuation bottleneck.) Luckily, my husband's mom had thought to buy vacation insurance, so she got her money back for the house rental. Since then, our reunions have happened in upstate New York. No beaches, but no hurricanes either!" —JENNIFER TUNG, 40, *New York City*

LESSON LEARNED: Vacation insurance when you're spending a lot? Never a dumb move.

ILLUSTRATIONS BY NATHALIE DION.

ADVAIR[®] DISKUS[®] 100/50

(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS is for the treatment of asthma in patients 4 years and older. ADVAIR should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid.

Important Safety Information About ADVAIR DISKUS for Asthma

- People with asthma who take long-acting beta₂-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an **increased risk of death from asthma problems**. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
 - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR.** You may need different treatment.
 - **Get emergency medical care if breathing problems worsen quickly and you use your rescue inhaler medicine, but it does not relieve your breathing problems.**
- ADVAIR should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid.
- When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR. Your healthcare provider will decide if you can stop ADVAIR without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
- Children and adolescents with asthma who take LABA medicines may have an increased risk of hospitalization for asthma problems.
- Do not use ADVAIR to treat sudden, severe symptoms of asthma. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure. **Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain a LABA for any reason.** Tell your doctor about medicines you take and about all of your medical conditions.
- **ADVAIR DISKUS can cause serious side effects, including:**
 - **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash; hives; swelling of the face, mouth, and tongue; breathing problems.
 - **sudden breathing problems immediately after inhaling your medicine**
 - **effects on heart:** increased blood pressure; a fast and irregular heartbeat; chest pain
 - **effects on nervous system:** tremor; nervousness
 - **reduced adrenal function (may result in loss of energy)**
 - **changes in blood (sugar, potassium, certain types of white blood cells)**
 - **weakened immune system and a higher chance of infections.** You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur.
 - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
 - **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR.
 - **slowed growth in children.** A child's growth should be checked often.
- **Common side effects of ADVAIR DISKUS include** upper respiratory tract infection, throat irritation, hoarseness and voice changes, thrush in the mouth and throat, bronchitis, cough, headache, nausea, and vomiting. In children with asthma, infections in the ear, nose, and throat are common.

Please see summary of Important Safety Information about ADVAIR DISKUS on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Get your first full prescription FREE.*
Visit ADVAIR.com

*Subject to eligibility.
Restrictions apply.

 GlaxoSmithKline

GSK
for you

If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

Did you know
asthma has two
main causes?

Airway
constriction and
inflammation.

ADVAIR
treats both
of them.

Which helps
prevent symptoms
from occurring in
the first place.

ADVAIR is not
for, and should not
be used to treat, sudden,
severe symptoms of
asthma. It won't replace
a rescue inhaler.



ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder)

BRIEF
SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. People with asthma who take long-acting beta₂-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
 - breathing problems worsen quickly and
 - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
- Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
- LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD.

- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby.
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row

- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- ADVAIR DISKUS can cause serious side effects, including:
- See "What is the most important information I should know about ADVAIR DISKUS?"
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
 - rash
 - hives
 - swelling of the face, mouth, and tongue
 - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
 - increased blood pressure
 - a fast and irregular heartbeat
 - chest pain
- **effects on nervous system**
 - tremor
 - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
 - increase in mucus (sputum) production
 - change in mucus color
 - fever
 - chills
 - increased cough
 - increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advaair.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:7MG January 2011

ADVAIR DISKUS, DISKUS, FLOVENT, and SEREVENT are registered trademarks of GlaxoSmithKline. Norvir and Kaletra are registered trademarks of Abbott Laboratories.

©2011 The GlaxoSmithKline Group of Companies
All rights reserved. Printed in USA.
AD5390R0

January 2011



"We took a trip to Boston and got one hotel room with two beds for me, my husband, and our two boys. The kids went to sleep early, so we had time to ourselves each night. The only problem: We had to spend it in the bathroom so we could talk at a normal volume! Luckily, we had brought a cooler full of beers (just in case), so we made do with my hubby sitting on the toilet lid and me in the tub. It was impossible to get romantic in there, so we'd give up and go to bed early. Lame!" —KIMBERLY LAUTERBACH, 37, *Bronx, NY*

LESSON LEARNED: Book adjoining hotel rooms—one for the kids and one for Mom and Dad. "Trust us," says Kimberly, "it's worth the cost."

Nothing says romance like beer in a tub



Oh, sure, it's all smiles once Dad shows up.

ago. We made a split-second decision: I would go ahead with our 15-month-old son and all our luggage, and my husband would meet us in a few days. My son refused to sleep the entire flight, so I was forced to entertain him or get the evil eye from nearby passengers. To make it worse, we had a connecting flight, so I had to book it to the next gate lugging a suitcase, a backpack, and a baby." —LILING PANG, 36, *San Francisco*

LESSON LEARNED: Set reminders on your calendars at least six months before your passports expire.



This airport terminal looks *nothing* like Paris.

"When our son Michael was 7 and our younger son, Xan, was just 7 months, we traveled to Europe at Christmastime. What was supposed to be a 12-hour flight ended up taking three days,

due to snowstorms that left us stranded at three different airports (that's right: not one, not two—*three*). The worst part: We were unable to get to our checked luggage, and our carry-ons only had enough supplies for one day. It didn't take long for us to run out of diapers, so we had to drop \$30 on a 12-pack at an airport shop. To make matters worse, we had to wash the baby bottles and ourselves in the airport bathrooms. (I will never put my deodorant or toothbrush in my checked bag again!) My husband and I were exhausted, the baby was antsy, and Michael was so bored he started poking around the gift shops—until he sprayed perfume in his eyes and screamed, 'I'm blind, I'm blind!' That was seriously the most insane trip ever!" —ANGIL TARACH-RITCHEY, 50, *Ann Arbor, MI*

LESSON LEARNED: You can never pack enough wet wipes. And don't leave 'em in your checked luggage.

ENTERTAINING. PURE & SIMPLE.

Simply Orange® understands that Summer's pure moments make the best memories. Create your own with the simple tips here.

- **Display flowers.** A potted hydrangea from the nursery makes a lush centerpiece that lasts all season.
- **Add fruit.** Watermelon and feta salad. Sliced pineapple on the grill. Fish and peach kabobs. Simply delicious.
- **Marinate tastefully.** Never frozen, sweetened or concentrated, Simply Orange® brings a welcome citrus flavor to pork and chicken.



GET A FREE RECIPE!

For a delicious recipe you can make with Simply Orange®, take a picture of the SnapTag image above with your cell phone and send it to 949.331.8147 or orange@snaptag.mobi.

Message and data rates may apply. Program will include one recipe. Offer valid until June 30, 2011. For questions or help, please contact customerservice@spyderlink.com.

© 2011 Hearst Communications, Inc.



Forget my teddy bear again. I dare you.

"We went to Scotland for my sister's wedding and then decided to tour the countryside for a few nights. Hundreds of miles after leaving our hotel, we realized we'd left our 18-month-old's favorite stuffed animal in the room. She cried so hard that we struggled to get her to sleep for even a few hours—which meant almost no sleep for us! The next morning we doubled back to retrieve the bear. We lost a whole day and were exhausted." —JENNIE RIVLIN ROBERTS, 40, *Atlanta*

LESSON LEARNED: No matter how stuffed your suitcases are, bring a spare whatever-that-thing-is-your-kid's-obsessed-with.



Grilled cheese: The stuff family feuds are made of.

"In Key West, my sister and I were staying in adjoining rooms—me with my boyfriend and she with her husband and kids. Late one night, my

boyfriend and I decided to order room service. Because our rooms were under the same last name, the hotel accidentally called my sister's room to check our order and then delivered our food there, waking up her baby, who takes forever to fall asleep. A text-message battle ensued, starting with her writing, 'You woke up the baby. Enjoy the grilled cheese,' and escalating from there. We didn't speak for months!"

—ANONYMOUS, 31, *New Brunswick, NJ*

LESSON LEARNED: Don't book rooms under the same name unless you want to spend the next few family holidays in awkward silence.



Destined... to be miserable for a week.

"My brothers and I took my mom on a cruise, and I brought my son, Davey, who was then almost 2. When we booked the trip, I saw

there was an all-day camp for kids, but I didn't read the age requirements. The first day, I took Davey to the camp. They asked if he was 2, and I said yes (c'mon, he was close!), but they checked his passport and turned us away. I thought my mom would help watch him, but she wanted to party! So I was stuck trying to keep a toddler busy on a boat where he wasn't allowed in the pools because he wasn't potty-trained. It was a *long* four days." —CAROLINE DE OLIVEIRA-DENUNZIO, 42, *New York City*

LESSON LEARNED: Check age requirements for kid programs. And pack movies.



Anybody know a good exterminator?

"Every summer, my extended family of 25 takes a trip to Lake George, NY. My husband is in charge of finding the cabins, and he usually does a great job. But in 2005, urged by the family to try a new place, he picked cabins near Lake Champlain. On the Web, the cabins looked charmingly rustic, but when we got there, most were just plain run-down. One was infested with mice—my niece found rodents on her bed (ick!)—and a few had no hot water. Most of us stuck it out, but

we've since dubbed it the trip to Lake Complain!" —CINDY MURPHY, 48, *Westbury, NY*

LESSON LEARNED: When in doubt, stick with what works. If you're feeling adventurous, at least check review sites like tripadvisor.com and virtualtourist.com to see what you're getting into.

SIMPLY ORANGE® TASTES AS FRESH AS A JUICY ORANGE. WE GUARANTEE IT.

If you don't agree, we'll
pay for a bag of oranges.*
That's the Simply Orange
Orange Back Guarantee™.
Only from Simply Orange.
Honestly Simple®.



*Offer available through 6/16/2011. To make a claim under the Simply Orange® Orange Back Guarantee, see the instructions below, call toll-free (866) 409-0765 or visit www.simplyorangejuice.com. Guarantee will be fulfilled with a \$7.00 check good for a bag of oranges. To make a claim under the guarantee: 1. Purchase a 59 fl. oz. bottle of Simply Orange® orange juice (any variety) by 6/16/2011 and save the original register receipt. 2. On a 3"x5" card, clearly print your full name/complete street address (no P.O. boxes) and state why you think Simply Orange orange juice does **not** taste as fresh as biting into a juicy orange in 50 characters or less. 3. Circle Simply Orange on original register receipt or if the receipt does not describe or list the items purchased, print the product UPC number (located on the back label under bar code) on your 3"x5" card. 4. Mail the original register receipt and the 3"x5" card in an envelope with sufficient postage affixed to **Simply Orange Orange Back Guarantee, P.O. Box 440029, El Paso, TX 88544-0029. All requests must be postmarked by 6/30/2011.** Allow 6-8 weeks for processing. Limit one request per individual/household/group/address. No copy, facsimile or other reproduction of original register receipt accepted. Valid in USA only. Void where prohibited, taxed or otherwise restricted. May not be combined with any other offer. Not responsible for late/lost/stolen/delayed/unpostmarked/postage due/illegible/misdirected mail. This offer may not be published in any refund magazine, online or elsewhere without written permission from Simply Orange Juice Company.
©2011 Simply Orange Juice Company. "Simply Orange" and "Orange Back Guarantee" are trademarks of Simply Orange Juice Company.



THE CRUNCH KIDS CRAVE

NEW BAKED *POP-TARTS* *mini crisps*™

100-CALORIE SNACK POUCHES AVAILABLE IN THE *POP-TARTS*® TOASTER PASTRIES AISLE.

© 11/11 © 2011 Kellogg NA Co.

Tap into that “School’s out!” feeling with a **new playlist**, **comic relief**, and the world’s **best-dressed men**.

DOWNLOAD IT

Summer jams

Our favorite new songs of the month—in an **all-day** playlist for you.

MORNING WORKOUT

“Go Right Ahead” off indie “It” boy **Sondre Lerche**’s self-titled album will speed up your morning run/walk/whatever—minus any aggravating perkiness.

FAMILY BREAKFAST

“Carousel” from **Vanessa Carlton**’s latest album, *Rabbits on the Run*, is a charming love song (no explicit lyrics—phew). The whole gang can sing along between bites.

BEDTIME (BUT NOT SLEEP TIME)

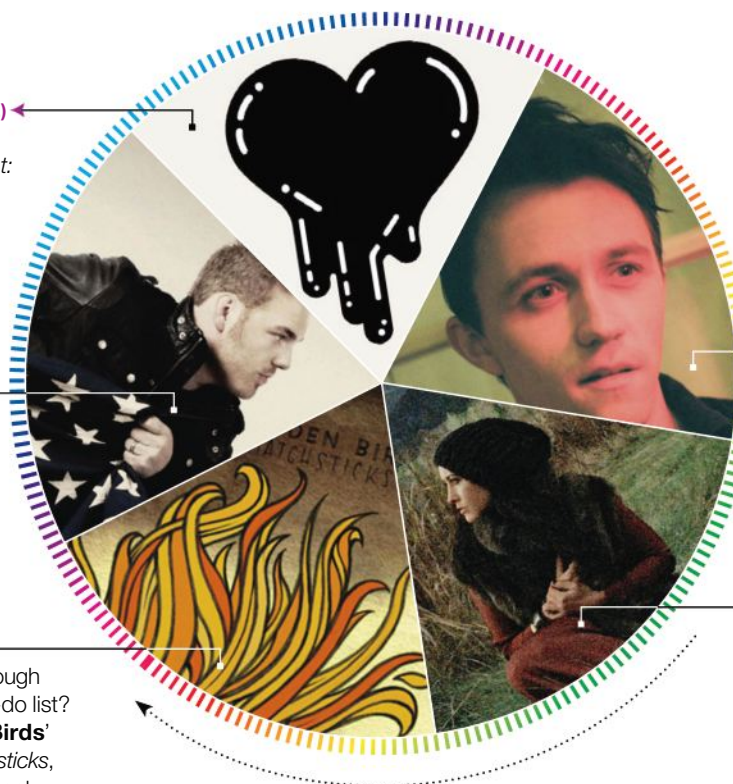
“Season’s Trees” from *Danger Mouse & Daniele Luppi Present: Rome*, a new album inspired by Italian films, features guest vocals by **Norah Jones**. It’s beautiful, lush, and not totally woman-y (so you’ll both feel sexier).

DINNER PREP

Want to get past the monosyllabic response to “How was your day?” Turn up “Let It All Out” from soulful **Marc Broussard**’s self-titled album. We love the lyric “Let it all out, say everything to me.”

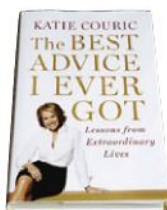
MIDDAY CHILL

So you haven’t even gotten through Pressing Matter #1 on your to-do list? “Folly Cub” off **The Wooden Birds**’ folksy new release, *Two Matchsticks*, will uncork your stress. Just repeat the line “But I’m gonna be okay, I’m gonna be better than okay.”



READ IT THE GIFT OF GAB

Only Katie Couric could get such a range of luminaries from Madeleine Albright to Chelsea Handler to spill for her new book, *The Best Advice I Ever Got*. Give it to your favorite graduate: It’ll prove much more useful than that \$50 bill.

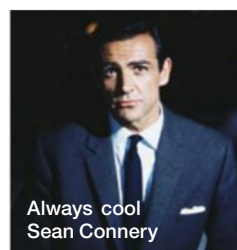


CLICK IT

CURE HIS BAD STYLE!

Ever look at clothing ads with baby faced hipster boys in skinny jeans and think, *Where have all the real men gone?* They’re hanging out over at **nerd boyfriend.com**, a site showcasing fashion studs of years past. Ogle old school photos of Sean Connery, Paul Newman, and Nat King Cole in all their preppy glory, then forward an image to

your man. With easy click to buy links to the outfits, he can copy the looks and you get some dapper new arm candy.



Always cool
Sean Connery

KNOW ALL ABOUT IT

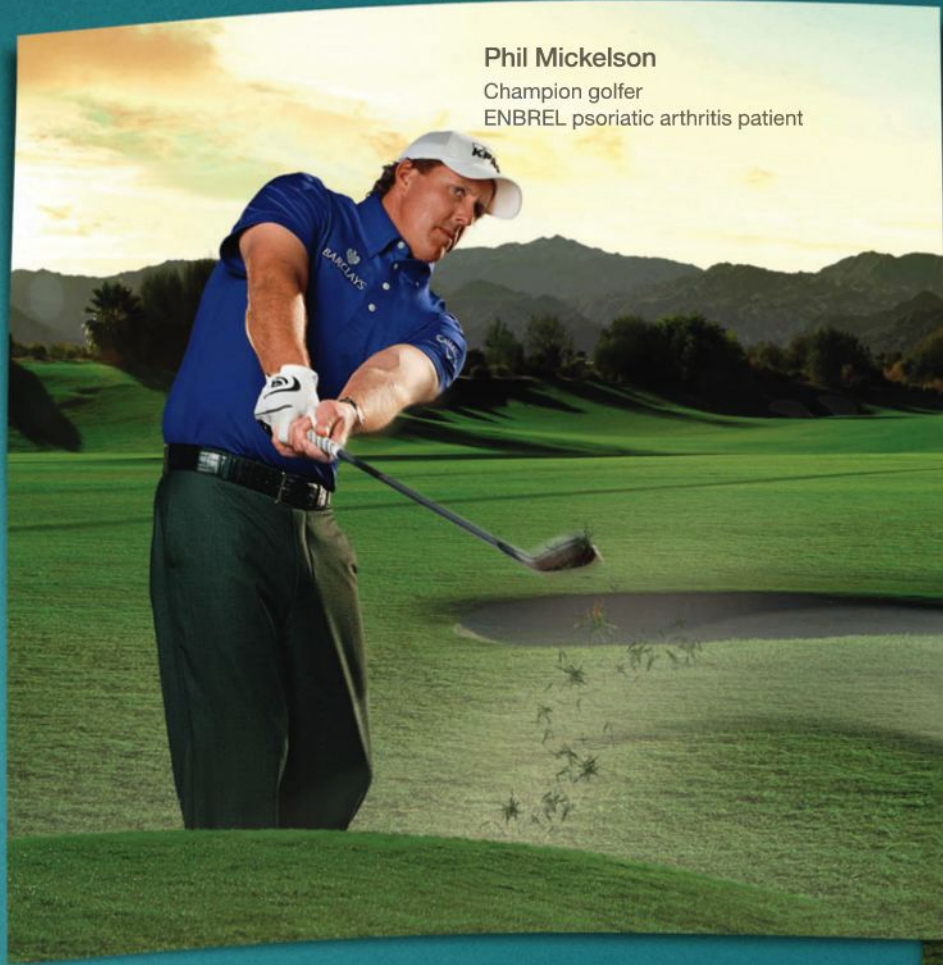
AN ON-SET GAG WITH CAMERON DIAZ

Hilarious U.K. import **Lucy Punch**, left, has stolen scenes in everything from Woody Allen’s *You Will Meet a Tall Dark Stranger* to *Dinner for Schmucks*. This month, she hams it up as Cameron Diaz’s goody-goody rival for Justin Timberlake’s affection in the irreverent flick *Bad Teacher*. “We were doing numerous takes of a scene where Cameron vomits all over me. [It was actually cream of mushroom soup.] She was terribly sweet, going, ‘I’m sorry, I’m sorry,’ because it starts to feel personal, like, ‘Hey, stop puking on me!’ I suppose if anyone’s going to do that to you, Cameron Diaz isn’t the worst—I’m sure she has excellent oral hygiene. But everyone kept their distance from me between takes.”



If you have psoriatic arthritis or moderate to severe rheumatoid arthritis

“Don’t let joint pain keep you from



Phil Mickelson

Champion golfer

ENBREL psoriatic arthritis patient

ENBREL is the #1 prescribed biologic by rheumatologists. ENBREL is also approved for adults with moderate to severe rheumatoid arthritis (RA). At six months, ENBREL was shown to be effective in about 50% of psoriatic arthritis patients who used it.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. ENBREL can be used in combination with methotrexate in patients who do not respond adequately to methotrexate alone.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system

to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions

- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis.

the things that matter most.” *Phil Gubler*



“In the summer of 2010, I experienced intense joint pain and had trouble walking. My rheumatologist diagnosed me with psoriatic arthritis and prescribed ENBREL, a medicine that can relieve pain and stiffness, improve physical function, and help stop joint damage from worsening. Now I'm back to doing the things I love.”

Your results may vary.

Ask your rheumatologist if ENBREL may be right for you, if you have joint pain, stiffness, or swelling, and think you may have psoriatic arthritis or RA. Call 1-888-4ENBREL or visit www.enbrel.com. Prescription ENBREL is taken by injection.



These infections may develop or become more severe if you take ENBREL. If you don't know if these infections are common in the areas you've been to, ask your doctor

- Have or have had hepatitis B
- Have or have had heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery

- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.

- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**;

autoimmune reactions, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache. These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying Medication Guide on the next page.

©2011 Amgen, Inc., Thousand Oaks, CA 91320 and Pfizer Inc. All rights reserved. MC52324-A-1 03-11



Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See "What is the most important information I should know about Enbrel?")
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
 - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
 - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
 - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - ✓ all vaccines should be brought up-to-date before starting Enbrel.
 - ✓ people taking Enbrel should not receive live vaccines.
 - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
 - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
 - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about Enbrel?" and "What are the possible side effects of Enbrel?"

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick Autoinjector
 - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(y) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting Enbrel, be sure to talk to your doctor" for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver),

the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
 - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine v5

Issue Date: 10/2010

This Medication Guide has been approved by the US Food and Drug Administration.

AMGEN

Manufactured by Immunex Corporation
Thousand Oaks, CA 91320

Pfizer

Marketed by
Amgen Inc. and Pfizer Inc.

© 1998–2010 Immunex Corporation. All rights reserved. Printed in the USA

redbook notebook

june

what's new, noteworthy & now

TIRED FEET? NEVER AGAIN!

SOFT-AIR TECHNOLOGY from MEPHISTO makes tired feet a thing of the past. The flexible SOFT-AIR mid-sole minimizes the shock resulting from walking, which offers protection to your feet, relief for your joints, and proper care for your back.



Shop online at www.mephistousa.com.

Style featured is the ABIGAIL in white smooth leather. For your free brochure, please write to: MEPHISTO, 305 Seaboard Lane, Suite 328, Franklin, TN 37067; or send an e-mail to: info@mephistousa.com.

AVON ANEW SOLAR ADVANCE

Escape to a Tropical Getaway with AVON ANEW Solar Advance, the 1st anti-aging skin care line with RepairShield™ Technology designed to repair skin cell sun damage* and protect skin from the sun's harmful rays.



Enter for a chance to win one of three (3) Super-Inclusive 7-night vacations at a Breezes Resort & Spa in Jamaica and more great prizes! Just log onto www.avon.com/BreezesSweepstakes to enter today!



Sponsor: Avon Products, Inc. NO PURCHASE NECESSARY to win in the Tropical Getaway Sweepstakes. Void where prohibited. Open to legal residents of the 50 United States and District of Columbia who are 18 or over. Sweepstakes begins on April 15, 2011 at 12:00 a.m. ET and ends on June 30, 2011 at 11:59 p.m. ET. For Official Rules which govern, please visit www.avon.com/BreezesSweepstakes.

*Measured in reconstructed skin after UVB exposure equal to approximately 10 minutes of summertime sunlight at 40°N lat.

HGTV GREEN HOME 2011

The HGTV Green Home 2011, in the Stapleton community in Denver, Colorado, is eco-fabulous, gorgeous, and green!

Enter daily at HGTV.com for your chance to win this luxurious home, a new 2011 GMC® Terrain®, and \$100,000! The HGTV Green Home 2011—the hot new standard in green living!

Visit HGTV.com/greenhome for more information.



NO PURCHASE NECESSARY TO ENTER OR WIN A PRIZE. For full official rules, visit hgtv.com or send a self-addressed stamped envelope to: "HGTV Green Home Giveaway" - RR, P.O. Box 51544, Knoxville, TN 37950. Sweepstakes starts at 9:00 a.m. ET on 4/14/2011, and ends at 5:00 p.m. ET on 6/2/2011. Must be a legal US resident to enter, age 21 or older. Void where prohibited. Main Sponsor: Scripps Networks, LLC. d/b/a Home & Garden Television.

HALLMARK INTERACTIVE STORYBOOK AND BUDDY

Reading together goes to a whole new level of fun with Watson the Raccoon. When you read his story out loud and say key phrases, Watson will pipe up with his own responses. Available exclusively at Hallmark Gold Crown stores. For a special offer, demo and more, visit hallmark.com/storybuddy.



P&G BEAUTY

Get gorgeous this summer with these hot products from **P&G Beauty!**

- Start with a flush of lasting color from **COVERGIRL Outlast Lipstain**. Add depth with the glossy shimmer of **COVERGIRL Shineblast**. Do it with two of lipwear's most precise applicators, and ta-da, luscious lips with dimension.
- Simply sweep dark circles away with the new **Olay Total Effects Line and Dark Circle Minimizing Brush**. Helps conceal dark circles plus has 7 anti-aging benefits for younger looking eyes.
- **Secret So Very Summerberry Body Splash**. Experience a world with the essence of sweet summerberries infused with a floral rose bouquet that delicately scents your skin. Get 2X the scent experience when you combine the splash with the matching **Secret So Very Summerberry Deodorant**.
- Introducing **Venus ProSkin**, the only razor with MoistureRich™ shave gel bars, which help protect your skin with every close stroke. You're left with beautiful smooth skin that is free of worries and your goddess free to be.

GET A FREE GIFT!

Purchase any two of these P&G Beauty products and receive a stylish summer sarong. Send your receipt(s), name, and address to: REDBOOK, 300 West 57th St., 22nd fl, NY, NY 10019, Attn: P&G Beauty.



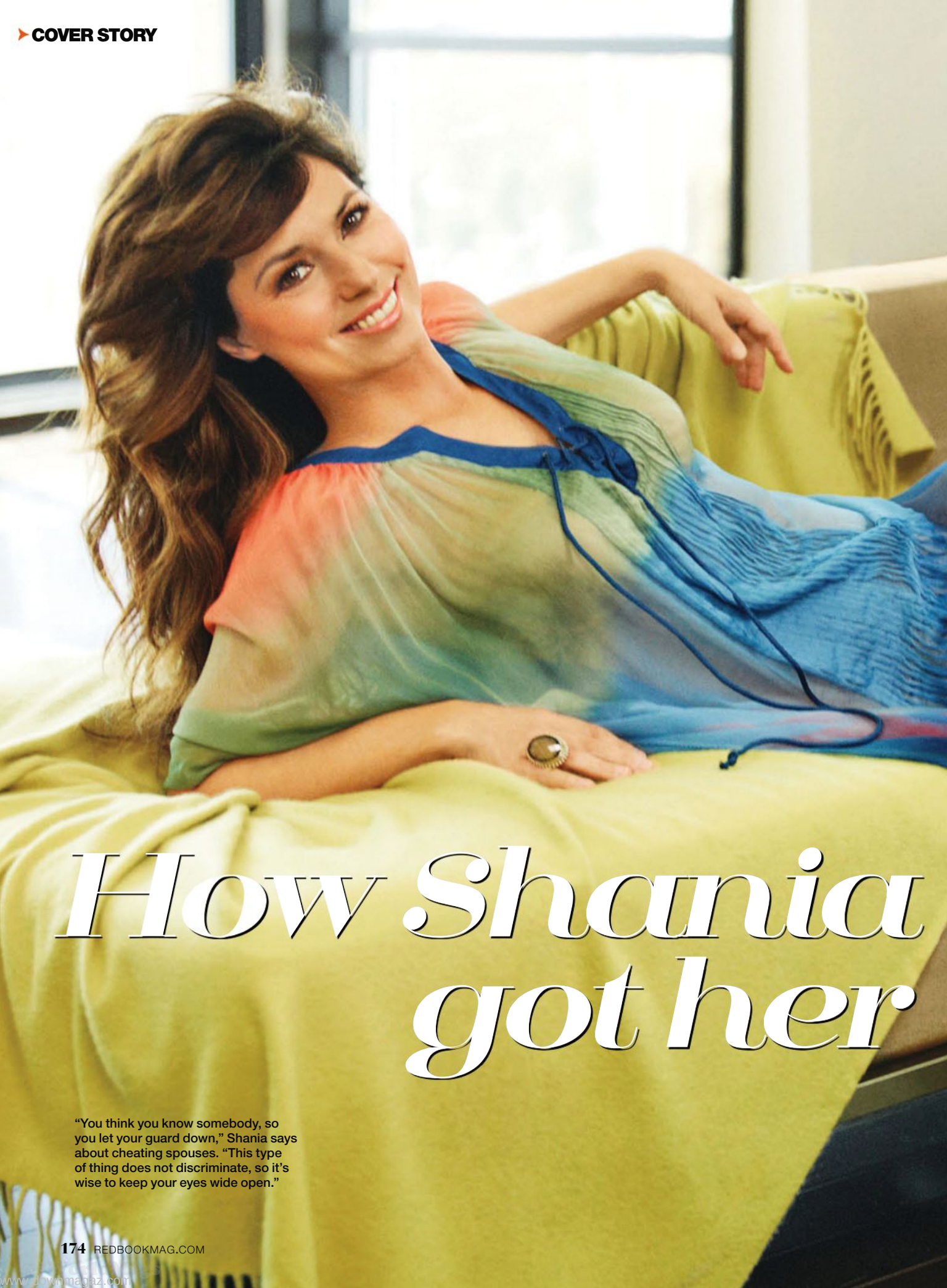
COVERGIRL Olay



P&G Sweepstakes sponsored by Hearst Communications, Inc. Receipts must be received between 5/17/11 and 6/13/11. While supplies last. As soon as the last eligible entry is received. Sponsor will post a notice on redbookmag.com/rboffers. Open to residents of U.S. who have reached the age of majority. Void where prohibited by law. Limit one entry per household.

FOR MORE GREAT PRODUCTS, PROMOTIONS & EVENTS, VISIT WWW.REDBOOKMAG.COM/RBOFFERS

FIND REDBOOK ON FACEBOOK & TWITTER

A full-page photograph of Shania Twain. She is lying on a light green sofa, propped up on her left arm, smiling at the camera. She has long, wavy brown hair and is wearing a colorful, sheer, multi-colored top with blue, green, and orange tones. A large, ornate ring is visible on her left hand. The background is a bright, out-of-focus interior space with large windows.

How Shania got her

"You think you know somebody, so you let your guard down," Shania says about cheating spouses. "This type of thing does not discriminate, so it's wise to keep your eyes wide open."

A photograph of a woman lying on a light-colored sofa. She is covered by a large, sheer, multi-colored fabric that transitions from orange to blue to green. Her legs are visible, and she is wearing a blue long-sleeved top. In the background, there is a vase of pink and red flowers.

groove back

Three years ago, **Shania Twain** lost her husband and one of her closest friends in a single scandalous blow. She told REDBOOK how she climbed out of the wreckage, faced her most paralyzing fears, and regained not only her billion-dollar voice but her belief in love.



hy. Private. Reserved.

These are the words that have always come up in conversations about Shania Twain with my journalist friends who've interviewed her. So then there I am, on a couch at REDBOOK's photo shoot in Toronto, waiting for Shania to finish on set and strategizing all the ways I can encourage her to open up. Should I ask about her recent wedding? People love to talk about their weddings. Tell her (truthfully) that she looks decades younger than 45? See if she has any recent pictures of her 9-year-old son, Eja? So much for strategy: After the last shot has been snapped, the country superstar bounces over and plops herself on the couch, ready—no, *excited*—to get personal. Sitting cross-legged in a navy tracksuit, worn-in sneakers, and an eye-popping diamond ring, she talks (and talks), laughs frequently, and reaches out companionably to touch my arm. For the next hour, Shania, who is warm and sharply intelligent, amazes me with all she's held back over the years.

This is the changed woman fans will encounter in her candid new autobiography, *From This Moment On* (which she wrote herself, instead of hiring a ghostwriter as many celebrities do), and on her TV show for the OWN network, a journey of self-discovery called *Why Not? With Shania Twain*. They will hear Shania speak out about topics as wide-ranging as the domestic violence she witnessed as a child in Canada to the breakup of her marriage in 2008, when she learned that her husband of 14 years, music producer Robert "Mutt" Lange, was having an affair with her close friend Marie-Anne Thiébaud. "I'm tired of suppressing myself," she tells me. "How can you live such an extreme life and nobody knows even half of what you've gone through?"

Now, thanks to her openness, we will. Stunned after her husband's betrayal, Shania shut down. Every morning, she'd drag herself out of bed and put on a happy face for Eja [pronounced *Asia*] as she got him ready for school. After he left, she'd get back into her pajamas and climb into bed until he returned. Days turned to months as she obsessed over details of the affair. By the time Shania wrote the book last summer, however, some righteous anger had kicked in—so much so that she decided to include a few smoothly deceitful emails from Marie-Anne. "I am actually at the spa now.... I really enjoy it!" she wrote Shania from a trip that was, in fact, a getaway with Lange.

Even though Shania says she's still healing, she has clearly moved on—to bigger and better (and oh-so-handsome) things. As everyone who saw her luminous New Year's Day wedding pictures knows, Shania is now married to her friend's ex-husband. In a state of mutual shock, she and businessman Frédéric Thiébaud turned to each other for comfort, and a year later, love blossomed. Now she finds telling her story incredibly cathartic. "I felt that the sooner I could relax about my secrets, the sooner I'd find the relief that comes with release," she says, smiling. "Nothing like getting it out there in the sunshine and fresh air."

What made now the right time to put out your memoir?

One reason was to share my experiences with others. And it was important to me to have a legacy for my son. I certainly don't think you need to be famous to want to leave a legacy, but when you are famous, it's even more likely that your child will get the wrong perspective on your life if you die prematurely. There are so many opinions about who you were.

So if something were to happen to you, and Eja researched you, he'd get a distorted picture?

He'd get a million different perspectives. He wouldn't know who I was, what I thought, or how my life unfolded. And then, of course, a feeling of urgency was the other reason for doing the book. When my parents died [*in a car accident when Shania was 21*], that started a lifelong anxiety in me about dying prematurely. The breakup of my marriage really brought all those worries to the forefront and reminded me that, *hmm*, you just never know what's around the next corner.

You describe the experience of fame so well in the book—your isolation and craving for normal activities. I loved the story of when your assistant went to Walmart to pick out paint and you jumped to join her.

[Laughs] She said, "I can't believe you want to pick out paint with me." I think it's important that readers know that not every celebrity is a freak. But I started to feel like one the further away I got from being able to live a normal life. And I'm not a freak! I'm just like you. I'm like everybody else.

Tell me about the process of writing the book.

The book came so easily. I wrote it very quickly, in a matter of months. My life revolves around my child's routine. I'm a mom first. I can't do the whole night-owl thing while I'm writing and then not be able to get up at 6:30 to get my son ready for school. So I was very disciplined. I'd write in the middle of the day, and then a little bit in the evening after Eja was in bed.

There are some harrowing parts in it, such as graphic descriptions of your dad beating up your mom when you were little. When will you let Eja read it?

I wanted to be honest. But now I feel like there needs to be a warning sign on the book that nobody under 16 should read it. My life is just loaded with extremes, and I think what I'll do with Eja is slowly, over time, start explaining my life to him and preparing him. I'll just judge it as the time comes. I've led such a private life that even *he* doesn't know what I'm about—my own child. The first time he ever saw me cry was when I found out about the affair. I'm not a crier, but I thought, *Gee, that's not right*. That was a wake-up call.

HAIR: FRANKIE FOYE AT PHOTO OF MANAGEMENT FOR HAIR RULES. MAKEUP: SUSAN MCCARTHY FOR CHRISTIAN DIOR AT RAYBROWPRO.COM. STYLIST: FREDIE LIEBA AT BRYAN BANTRY. PRODUCTION: NICOLE GOMEZ/ZINC PRODUCTION.COM. RIGHT: SWEATER: DONNA KAHAN. EARRINGS: STEPHEN DWECK. PREVIOUS SPREAD: CAFTAN: CATHERINE MALANDRINO. EARRINGS: JOSE & MARIA BARBERA. RING: STEPHEN DWECK.



"If I'm the star of the concert, I'll do my job," Shania says. "But if I'm not on duty, I want to blend in with everyone else."

"THE FIRST TIME MY SON EVER SAW ME CRY WAS WHEN I FOUND OUT ABOUT THE **AFFAIR.**"

"BEING **BETRAYED** IS A VALUABLE LIFE **LESSON.**"

What did that time feel like?

It was like I was kicked off my own bus while it was moving full speed ahead, and I landed in the dirt and everything I had was thrown out after me. And after tumbling and getting a mouthful of dirt, I had to try to stand up, and then figure out where I was and start walking. So it took me eight months

before I realized that, yes, I'm still me, and yes, I'm a mother, and yes, I'm a singer and a songwriter, and I can love again, and I have friends, and yes, I'm alive.

You also found you couldn't sing in front of people afterward.

It's a constriction that's both psychological and emotional,

and it literally does choke the muscles around the voice box. It's called dysphonia, and I realize now that it began when I was a child. I was not naturally meant to be on stage. I hated being in the spotlight; I was scared. Who likes being scared? I know people will say, "Why did you do it, then?" Well, when your parent says, "Eat

peas," you eat peas. When your mom says, "You're going to be a singer," you become a singer. Was it me who really wanted it, and my mother saw my passion? Or was it that *she* wanted it, and then I discovered my passion? I'll never know. When my marriage broke down, I got so physically constricted that I couldn't get any volume out at all. I couldn't even call for my dog. I realized I couldn't live without singing and had to do something about it. This is why I was like, "Just get it all out right now. Clean the pipes."

REDBOOK has done plenty of stories on men who cheat or just up and leave. What would you say to women who have been through something like that?

Being betrayed is one of the most valuable lessons life can teach. Now that you are wise to the game, you have the tools to choose your friends more carefully and protect your inner circle from these predators. Wear your scars like a badge. Someone hurt you, you lived through it, and now you can talk about it without rage and revenge in your heart.

Were there any songs or artists who helped you get through your toughest times?

The album *Silence Speaks*, by the [Canadian] twins known as RyanDan, brought me to my knees in complete, uncontrollable tears and also gave me a feeling of peace and inspiration. I also drew inspiration from Duffy and old classics like Etta James's "At Last," as well as my own song "Today," the first original song I wrote alone after 14 years of collaborating with Mutt. It became the theme song for my series.



Is it true that your husband, Frédéric, planted the seed for your TV series when your break-up was still fresh?

It was Fred's birthday, and we'd gone to Italy for the weekend. He started filming me on his phone camera, and looking at the video, I thought, *I've never seen myself like this before. I've never seen myself so devastated.* And I realized I didn't want to run away [from what I was experiencing] anymore. I wanted to face it. I thought, *I have to document everything. I need to know myself better, dig deeper.*

You're stripped of all glamour and artifice on much of the show. Was showing your natural self a conscious decision?

I documented the last months of my healing process to force myself to face uncomfortable fears so I could move forward and share my experiences. I hope that people benefit from the candid footage. I'm human, you're human, we all go through the same doo-doo. No need for makeup, lights, action.

Fred was a big part of your healing too, wasn't he? How did you know he was right for you?

I got to observe Fred going through the same thing I was, and I admired how he handled it. That is where I fell in love with him, because he was so exemplary in every way.

You really do see what someone is made of in a crisis.

Yes, you see all their anger, how they handle their grief, their desperation. And he did it beautifully and was able to give me support at the same time. I admired him first. I think that's very important.

Then, later, you found out that he was this "romance god," as you put it in the book.

He creates romantic surprises for me all the time. The other day I was showering and he had to go out. He knew I hadn't eaten yet, and I had to go somewhere too. So before he left, he prepared me a salad. I could hear chopping and singing, and I'm thinking, *What is he doing?* I came out of the bathroom, and he'd set up a little table with a note saying, "I love you—Fred." And there was a glass of wine, and this beautiful salad with little tomatoes and flowers all around the edges. He's very good at doing displays!

He plated it like a restaurant would! Do you feel like you two had a whirlwind courtship?

It's three years now since our separations, and we had a good year of just suffering together as friends. And don't forget I'd known him for many years before. So it was that, then another year of falling in love. It didn't feel like a whirlwind at all, to be honest.

I'm sorry, but I just have to say this: Your marriage to Fred is kind of the perfect revenge. Do you ever wake up, look at him, and think, *Nice!?*

Of course I do, only Fred is not only nice, he's incredible. He's attentive, brighter than God should ever allow any one man to be, funny, romantic, and cute as heck. Most of all, he shows what he feels, and that's a quality that could come in any shape or size and be admired—it just so happens that Fred has a very gorgeous shape. He's too good to be true, only he's real! Good for me, is all I can say, and I'm loving every minute of it. **®**

5 facts about Frédéric

Shania would like to nominate her man for our Hottest Husband award!



Shania's "romance god,"
Frédéric Thiébaud.

HIS BEST PHYSICAL FEATURE:

"His eyes. They're gentle, intelligent, and alluring, and such a beautiful shade of green. Fred's and Eja's eyes are exactly the same shade."

HIS BEST

CHARACTERISTIC: "Fred is a true gentleman. He waits for everyone else to begin eating before taking a bite. He's always concerned about world affairs and the interests of others."

OUR SILLIEST COUPLE HABIT:

"We stare at each other a lot and call each other lovey names. I'm Sunshy, short for Sunshine, and he's Beauty Man, because he's so darn beautiful!"



At the Juno awards in March.



The bride and groom at their New Year's Day wedding in Puerto Rico. Yes, he's carrying her shoes.

OUR FAVORITE ACTIVITIES:

"Kissing, talking, playing tennis. Fred hits hard and keeps me on my toes. I'd chase a ball for him any day."

BEST LESSON HE'S

TAUGHT ME: "Fred has shown me through example how to stop, listen, think, and then express myself, instead of immediately saying things I might wind up regretting. Trust me, that's hard for a girl who grew up cursing hockey refs. Fred's my 'count to 10.'"



No shirt, no shoes—no problem here!

A photograph of a man and a woman in a bathtub. The woman is in the foreground, her back to the camera, with white soap suds on her shoulders. The man is leaning over her, smiling and looking at her. The background shows a tiled wall and a wooden cabinet.

**8 new things
try with your**



Rub a dub
dub, join me
in the tub!

to guy

each month, REDBOOK asks two couples to do a “sex life road test,” trying out an idea—sometimes sweetly romantic, sometimes a *leeetle* bit raunchy—and reporting back. This time, we recruited an army! The heat they generated will convince you to experiment too. By Ayana Byrd

Break your normal workday silence and call, text, IM, or email every time you think of each other

L.B. and D.F., Arnold, MD; married 2 years

“I work in retail, and my husband is a stay-at-home dad, meaning both of us are usually very busy with other people during the day. We share a car, so the 15-minute drive to my job is about all the chitchat we normally have. When I told my husband about the one-week challenge, he threatened that he would text nonstop, but really he just sent six or so a day. The one I loved the most was so simple: ‘I love you, and I hope you have a good day.’ He says the best text he got from me was, ‘Would you like to do the hamster dance later?’ (Our code for sex!) When I got home—before the hamster dance—we had the same amount of things to talk about as we normally do, except it was like we’d already shared the basics of our days with each other, so it was easier to elaborate on things and really connect. We’re going to start texting more often—it’s quick, easy, and doesn’t interrupt anything too important. Plus, emoticons are really fun!”

Passion factor: Smoking 🔥🔥🔥

Have sex anywhere but the bedroom

S.P. and E.S., Houston; married 9 years

"Apparently last night went really well, because I've been thanked three times—and it's only 8 a.m. I'm happy with our sex life, but I guess I hadn't given much thought to how routine it had become. This is the norm: On Fridays, after putting our daughter to bed, my husband meets me in our bedroom for some action. I admit that it's predictable, but after a week of work, chores, and parenting, I suppose we're just happy to still be interested! Last night, I started fooling around with my husband on the couch. I acted like I didn't hear him when he suggested we go upstairs. There was lots of dirty talk and positions we haven't attempted for years. We both went to sleep smiling and giggling. Next up: the den, the shower, and maybe even the car!"

Passion factor: Smoking 🔥🔥

"I realized it's actually **NOT EMBARRASSING** to share my turn ons."



Kitchen makeouts: Not just for newlyweds!

Shop in the "adult" department

A.B. and E.A., Brooklyn, NY; dating 3 years

"I don't feel sexy' was exactly what I said as we walked in the door at the sex toy shop Babeland. My guy and I had both had horrible days at work, and thanks to a lingering cold, it had been two weeks since we'd had sex. So having to buy a sex toy seemed like a chore. Plus, I felt silly. I've always been too shy to tell him my fantasies, and I'd never been inside a sex toy store, so walking up to the massive gadget display was making me blush. Finally, to break the ice, my boyfriend made a joke about a vibrator shaped like a rubber ducky. I laughed and thought about why I love him: He's funny and he makes me feel comfortable. We browsed the shelves, discussing if something would be fun to use together. I loved how he knew my likes and dislikes. I felt closer to him than I had in days. So close, in fact, that I came out of my shell and remembered that it's actually *not* embarrassing to share my turn-ons with him. We left with a 'couple's vibrator,' which gives simultaneous his-and-her stimulation during sex. We tried it the moment we walked through the door at home. The toy was *amazing!* We're talking instant O. I'm surprised to say so, but we'll be going back to see what else we might like."

Passion factor: Sizzling hot 🔥🔥🔥

Exchange some new wedding vows

A.M. and J.M., Stamford, CT; married 8 years

"I had grand notions of re-professing our love when we wrote new vows. Once we managed to get our twin 3-year-olds to bed, we sat there on the couch, holding hands. My husband smiled as I told him I never thought our love could be so deep. It felt good to hear him say I'm an amazing mother and best friend. Yet, sitting there, I realized that vows are just words; actions are more important to us now. We are very in love, but we're too busy—and too pooped!—to express it lavishly all the time. And that's okay. We actually ended up falling asleep midway through, cuddled up."

Passion factor: Warm and fuzzy 🔥🔥

Try a new position every week for a month

A.Y. and D.B., Centerville, OH; married 4 years

"One word sums up our sex life since we had a child: *missionary*! So it's no surprise that my husband was more than a little enthusiastic—and ready to get to work immediately—when he found out about our assignment. We decided not to consult sex manuals, but instead to let our creativity take over and spontaneously try whatever position came to us in the moment. Week one was missionary with my legs on his shoulders, but then we got even more creative: We tried cowgirl, reverse cowgirl, and, for our final performance, crouching tiger (Google it if you're interested). Luckily, there were no mishaps or injuries, just the constant fear that our son would walk in on us—the bedroom door lock is broken. It was exciting and fun to do different things in bed, though I can't say we found a new favorite. We'll still probably fall back on reliable missionary, because, well, it *works* for us. But we both considered this little experiment a success—as new parents, anything that gets us in bed together more often is great!"

Passion factor: Smoking 🔥🔥🔥

Have a lunch-hour quickie

L.H. and M.H., New York City; married 3 years

"Before having children, we were very spontaneous in bed. But lately, not so much. So what better way to shake things up—and celebrate our third anniversary—than with a nooner in a hotel? This was the first time we ever did this, and it wasn't easy because we both have busy jobs. The planning part was pretty stressful, and we had to change the meeting time twice because things came up at work. On the way to the hotel, I was checking work emails. Not the best foreplay! When I got to the lobby, I texted my husband to see if he was there. The return text simply said, 'Room 1626.' When I got to the room, the door was open and he was standing there holding two glasses of champagne. It was the perfect start to our brief, but very sexy, encounter. The fact that we were sneaking around and doing something naughty was such a rush. The best part was how that sexy feeling carried over to when we got home that night. Instead of being two parents making dinner and putting the kids to bed, my husband and I were two grinning partners in crime. Overall, it made me realize the power of the quickie. I plan on taking full advantage of every last bit of downtime we have."

Passion factor: Smoking 🔥🔥🔥

Be that couple in the restaurant—you know, the way-too-in-love ones!

L.H. and J.H., San Bernardino, CA; married 1 year

"I'm normally PDA-phobic, meaning we don't do more than hold hands when we're out. But since we knew this was in the name of research, we decided to jump in, do it, and not be embarrassed. I didn't expect my husband to be such a performer or for it to be so great! We went to a nice Chinese restaurant for dinner and were holding hands and kissing while we ordered. We sat very close and actually fed each other our meal. Then, the best part: My husband started singing to me! 'You Are So Beautiful' very loud... and off-key. It was incredibly goofy, and people were staring and a few were laughing and whispering, but—much to my surprise—I didn't care. When it was time to leave, he had me dance to the door with him. I had so much fun. I've definitely changed my views on public canoodlers. You don't always have to be silly or over-the-top, but it's nice to not hide your love. We went home and cuddled and watched a movie and then, er, went to bed. And we'll be doing it again."

Passion factor: Smoking 🔥🔥🔥

Don't tell your guy what to do for a week

J.L. and K.L., Hanover, PA; married 6 years

"I typically have a lot of 'suggestions' for my husband—all of which make him very defensive. For the most part, I did a good job of controlling myself—except one time, when I said, 'I'd hold it this way,' when he picked up a hot coffee cup from the top. He said, 'Yes, Mom,' but with a smile. He knew I was making an effort! We ended up kissing and holding each other more. And now, I am determined to continue. I don't have to control everything."

Passion factor: Warm 🔥

4 ideas you have to try

Wanna get to your 50th anniversary? Steal these to-do's from pairs who've been together for years (and years!).

1. SET ASIDE TIME JUST FOR YOU.

"When we had kids, an older friend told me, 'When the kids leave, it's just you and him; don't be strangers.' So we created Friday-night dates and we still do it 30 years later. Friends call it 'Harvey-and-Delores time.'" **DELORES AND HARVEY BROWN, MARRIED 41 YEARS**



2. WAKE UP AND FALL ASLEEP TO A KISS.

"We kiss every morning and night, though I've been guilty of going to bed angry. But whenever we don't kiss, I can tell the difference; the day feels incomplete. A kiss is a very powerful thing!"



FAIRLEY AND CECIL BAKER, MARRIED 45 YEARS

3. HAVE CRAZY ADVENTURES. "We never wanted to be the couple that does the same thing every night. Recently, we went to the airport without a plan—and ended up in San Francisco." **GLORIA AND HERB SCHOENFELD, MARRIED 52 YEARS**

4. LEAVE LOVE NOTES. "When Bob was in the military, he sent me a letter every day. Looking back, that was how we got to know each other so well. We still write daily love notes!" **JAN AND BOB LEWIS, MARRIED 52 YEARS**





THE HITS

TAKE THE NEXT **THREE MONTHS OFF FROM FASHION ANGST** WITH THESE LAID-BACK OUTFIT IDEAS. NOTHING THAT'S TIGHT, FANCY, OR REQUIRES SPANX. ACTRESS **ELSA PATAKY WAS HAPPY TO WEAR ALL OF THEM.**

OF SUMMER

Photographed by Jim Wright

WHITE JEANS AND A BRIGHT TOP
Crisp and fun, it's one of those throw-it-on ensembles that'll instantly lift your mood. (And your guy's mood. And maybe even your kids' moods. *You are so good to them!*)
Top, Alice & Trixie, \$247. Necklace, Lisa Stewart, \$157. Bracelets, CC Skye, \$150 each. Jeans, Citizens of Humanity, \$154. Heels, Michael Kors, \$695.

HAIR: BERTRAND W. FOR TRACEY MATTINGLY, MAKEUP: MAI QUYNH FOR MARK COSMETICS AT THE WALL GROUP, MANICURE: CARLA KAY FOR CLOUTIER REMIX USING ESSIE, PROP STYLIST: DARREN RANSDELL



THE ANYTHING-BUT-NEUTRAL FACE

Pack up all that brownish makeup for fall and switch to soft color on eyes, lips, and cheeks. "It's sweet and flirty, perfect for summer," says Mai Quynh, the makeup artist who created this look.

All makeup by Mark: I-Mark Custom Pick Eye Shadow in Dragonfly, \$5. Make It Big Lash Plumping Mascara in Raven, \$7.50. Just Pinched Instant Blush Tint in Cheeky, \$8. Lipclick

Full Color Lipstick in Sweetie Pie, \$10. Necklaces, from top: Elsa's own; Maya Brenner, \$650; Ariel Gordon, \$330.

Opposite page: Sweater, Cardigan by Lynne Hiriak, \$195. Shorts, Nieves Lavi, \$130.

A woman with long brown hair is sitting on a swing, holding the ropes with both hands. She is wearing a bright blue long-sleeved sweater with a white anchor graphic on the chest and a light blue ribbed waistband. Her shorts are white with a bold red geometric pattern and a red drawstring. The background is a lush green forest with sunlight filtering through the trees.

PREPARE TO LIVE
IN MAJORLY CUTE,
LITTLE-BIT-FLOWY
PRINT SHORTS.
THEY'RE EVEN
EASIER TO WEAR
THAN SKIRTS—
AND *ADDICTIVE.*



ROLLED-HEM
BOYFRIEND JEANS

They're the season's
cooler answer to your
most beloved sweats.

Hat, Hat Attack, \$78.

Necklace, KiraKira, \$125.

Top, Urban Outfitters,
\$54. Jeans, Tibi, \$220.

Opposite page: Dress,
Project Alabama, \$225.

A woman with long, wavy blonde hair is sitting on a thick tree branch. She is wearing a sleeveless, knee-length dress with a blue and white floral pattern. She is barefoot and smiling at the camera. The background is a lush green forest with sunlight filtering through the leaves. A body of water is visible in the lower left background.

MEET THE *ALL-DAY DRESS*:
WITH FLATS, IT'S GREAT
FOR HANGING IN THE PARK;
AFTER DARK, ADD HEELS—
AND KICK 'EM UP!



SULTRY KNITS Turn your bikini into an after-pool outfit with an open-weave sweater and your trusty cutoffs. Bikini top, Old Navy, \$16.50. Sweater, Chelsea Flower, \$275. Shorts, Paige Denim, \$129.

ELSA'S *FAST* BREAK

Watch out, Angelina—a new tough chick with drop-dead looks is on the scene. This spring, Elsa Pataky kicks butt alongside adrenaline-flick superstars Dwayne “The Rock” Johnson and Vin Diesel in *Fast Five*, the latest installment of the insanely popular *The Fast and the Furious* franchise. “I had to train with a real SWAT team instructor to learn stuff like how to jump out of a car while holding a gun,” she says. “I loved it!” If Elsa plays particularly well with the boys on screen, it’s probably because that’s what she does in real life. Raised in Spain by her dad, she’s now part of a big new man-centric family: She got hitched to actor Chris Hemsworth (that’s Thor to the rest of us) this past December, and she spends her off time snowboarding, surfing, and skiing with her hunky husband and his equally handsome actor brothers, Liam and Luke. What Elsa is craving right now? A romantic trip to Paris: “It’s one of my favorite places. I hope that Chris can come, but he’s about to start filming *The Avengers*, so I may have to go enjoy it by myself.” When asked what makes Chris a hot husband, she says what she loves most is his dedication. (Funny, we would have picked “awesome pecs.”) “He fights for what he wants and never gives up,” she says. Her style is basically what you see on these pages—“Most days I keep it really simple, like jeans and a tee”—but she knows the power of going bombshell: “It’s good to get glamorous sometimes so they can see something different and go, ‘Oh, wow!’”

TIFFANY BLACKSTONE



A BREEZY SKIRT

There’s nothing like a skirt that moves when you do to make you feel supremely feminine.

Give it a funky ‘70s vibe with cool “platforms” and chunky jewelry.

Tank, Gap, \$16.50.

Necklace, Accessories by Ash, \$65. Ring, Robyn Rhodes, \$70. Bag,

Helen Kaminski, \$280.

Skirt, Tucker, \$267.

Shoes, Butter, \$308.

Fashion editor:
Audrey Slater

See shopping guide,
last pages, for details.



Safe to suck? Baby bottles used to contain the endocrine disrupting chemical BPA. But most big name brands changed that in 2009.

THE NEW BOYS' HEALTH SCARE

Male infertility appears to be on the rise, and studies suggest that more boys are being born with genital malformations. Could chemicals in our air, our homes, and even our kitchens be to blame? Brian Alexander investigates how you can protect your family.

You wouldn't know it to speak to her, because she's cheerfully chatty, with a pronounced Chicago-land accent, but Brandie Langer is worried. She's also a little worried about being worried. "Do you think I might be paranoid?" she asks. She has three children. The youngest, a son, is 5 years old, and Brandie has read a lot online about endocrine-disrupting chemicals (EDCs), which some scientists say can scramble male hormones. EDCs are commonly found in plastics, bug- and weed-killers, the linings of food and drink cans, fragrances, and other household products. "Sometimes I do a Google search about a chemical and half the sites say, 'It's fine, you're paranoid, and you need a hobby,'" says Brandie, 31. "Others say, 'There's no hope! We cannot turn back! Human-kind is going to die.' And I feel like, *Am I crazy?*" But instead of freaking out about it, she and her husband made a plan: They avoid buying food packaged in plastic containers and cans whenever possible. They switched from their heavily scented laundry detergent. They stopped treating their lawn, ignoring typical suburban neighborhood gossip about their weedy yard. Yet she's not positive they absolutely *need* to do any of these things.

Same with Karly Field, a Birmingham, AL, mother of two boys, 5 and 2. She was pregnant with her younger son when she first saw news reports about the possible negative effects of bisphenol A (BPA), a chemical often used in hard plastics and in the lining of cans. She reluctantly threw out all the BPA-containing baby bottles she used for her older son and spent about \$250 buying a new set. "I didn't know if he would be affected," she says, but she acted anyway, just in case.

But it's not just moms like Brandie and Karly: Scientists, regulatory organizations, and government groups are concerned that chemicals in everyday products may have launched an unintentional war on our health. Children may be most seriously affected because their developing brains and bodies are especially vulnerable to chemicals. Over the last few years, there has been a glut of new research about the possible effects on baby boys, in particular. Some research has suggested that EDCs can change the way male fetuses' brains form in the womb. Other studies have linked EDCs to a rise in genital birth defects such as hypospadias (in which the opening of the urethra develops

on the shaft, not at the tip, of the penis) and cryptorchidism (undescended testicles, a risk factor for poor semen quality and testicular cancer). And although data from the United States is inconclusive, studies from across the globe suggest that adult male sperm quality and fertility are dropping. European scientists even coined a term—testicular dysgenesis syndrome—to describe the increasing rates of testicular cancer and low sperm count. “Across Europe, sperm counts in young men are remarkably low on average, and 20 percent or more fall into the subfertile/infertile range,” says Richard Sharpe, Ph.D., of the MRC/University of Edinburgh Centre for Reproductive Health. “It appears to be more prevalent now than 50 years ago.”

EDCs are emerging as a prime suspect in these troubling trends. That’s why REDBOOK asked more than a dozen of the country’s top researchers in the field to explain the issue, and help women like Brandie, Karly, and *you* make informed decisions for your families.

THE LATEST NEWS ON ENDOCRINE DISRUPTORS

The official opinion of the Endocrine Society, which represents experts who specialize in the body’s hormonal systems, is that “the evidence for adverse reproductive outcomes (infertility, cancers, malformations) from exposure to endocrine-disrupting chemicals is strong.” And the U.S. Environmental Protection Agency (EPA) is now taking notice. “Endocrine-disrupting chemicals are showing up in low doses in our water supply, and it is troubling,” says EPA administrator Lisa Jackson. Reminded that moms like Brandie and Karly want answers about EDCs *now*, she says, “We all wish the science came out quicker, but I would like readers to know that EDCs are one of my priorities.” The EPA has commissioned several new studies, and Jackson is also pushing to update the Toxic Substances Control Act, which has remained virtually unchanged since 1976. She says the bar the EPA must clear in order to restrict a chemical’s use is remarkably high: “We feel hamstrung. The law that governs chemical safety is antiquated; it has not kept up with the prevalence of chemicals.”

Industry has a strong interest in keeping that bar high; retooling manufacturing processes to reduce or eliminate EDCs could cost billions. The proof the EPA has now isn’t strong enough to drive new regulation; bottom-line results of studies on EDCs range from “Danger, Will Robinson!” to “No big deal.” And manufacturers insist that the doses of these chemicals that we get are



benign. “[Exposure to low doses] is something that has been discussed over and over by numerous risk reviewers and has been dismissed,” says John Rost, Ph.D., chairman of the North American Metal Packaging Alliance, which represents the food and beverage metal packaging industry. “I think consumers are getting a one-sided story.” BPA-containing linings in cans reduce the risk of potentially deadly illness, he argues. “I know I can open a can of vegetables or soup and it has been properly treated and is free of food-borne illnesses,” he says. He also points out, accurately, that the World Health Organization and the European Union’s food-safety agency have deemed BPA safe for use in cans. In 2008, at the end of George W. Bush’s presidency, the Food and Drug Administration declared BPA, the chemical that caused Karly to chuck her baby bottles, safe even for infants.

But the Canadian government *banned* BPA in baby bottles that same year. And in 2010, a report by Barack Obama’s President’s Cancer Panel acknowledged the links between BPA and hypospadias, undescended testicles, early puberty, and breast cancer, and said that EDCs found in items like baby toys may pose a danger.

NIX CHEMICALS (WITHOUT DRIVING YOURSELF BATTY)

The jury is still out about these substances’ effects on human health. But if you want to reduce your family’s exposure, this is how.



1. Use fresh or frozen foods instead of canned, when possible.

2. Use soy infant formula only if there is a medical reason for it, such as lactose intolerance or milk allergy, says Heather Patisaul, Ph.D. Genistein—a natural estrogen found in soy plants—is present in large amounts in

soy-based baby formulas. (Some countries require a prescription for it.)



3. Don’t microwave food in plastic containers or covered with plastic wrap. When

plastic is heated, the chemicals in it can more easily migrate to food.

4. Use BPA-free baby bottles. Check

labels—the biggest manufacturers of baby bottles in the United States (including Disney, Gerber, and Playtex) stopped using BPA in 2009.

5. Avoid storing food or drink in plastics with the recycling numbers 3, 6, and 7 on the bottom—or buying items packaged in these plastics.



Endocrine-disrupting chemicals (EDCs) are showing up in the bloodstreams of adults, kids, and even newborns. And we know EDCs have hurt humans before.

to make female genitals, or to start puberty, or to regulate a woman's monthly cycle. Androgens tell cells to build boy parts, to make sperm, and so on. If a chemical that mimics estrogen pulls into a receptor at the wrong time, or in the wrong amount, it could cause unwanted changes, including genital malformations or infertility—the very things that seem to be happening more to boys. Though BPA has gotten the most attention, there are many other suspected EDCs: polybrominated diphenyl ethers are found in flame retardants on furniture; phthalates show up in everything from flexible plastics to cosmetics; an EPA study recently found that triclosan, a bacteria-killer used widely in deodorants, toothpastes, and soaps, had hormonal effects on rodents; atrazine is one of the most commonly used herbicides in the world, and it finds its way into streams and water supplies. (Karen Reardon, a spokeswoman for RISE, a pesticide trade group, says that weed- and bug-killers these days are so advanced and so targeted that they only work on the organisms they are meant to destroy—so the chemicals are not likely to affect people or even other mammals.)

All these substances are appearing in the bloodstreams of adults, children, and even newborns, according to new data from the Centers for Disease Control and Prevention. Simply finding a chemical in our bodies doesn't mean it's hurting us, but EDCs have harmed people before, points out Heather Patisaul, Ph.D., who studies endocrine disruptors at North Carolina State University. A synthetic estrogen called diethylstilboestrol (DES) was given to millions of women from 1940 into the 1970s to help prevent miscarriage. The children they gave birth to paid a price: Doctors later discovered that their daughters were developing rare vaginal cancers and their sons suffered from testicular cysts and, some research found, increased rates of hypospadias and undescended testicles. “We have an idea of what an endocrine-disrupting chemical can do to humans because of the DES experience,” Patisaul says.

Estrogen-like chemicals are known to harm animals. But the science around the effects of EDCs on humans is still murky—in part because researchers cannot ethically dose people with them on purpose. Instead, they have to rely on studies that show links between a possible cause, like the amount of EDCs in a person's body, and an effect.

Even doctors on the front lines of treating baby boys with genital malformations don't fully agree about what is happening in their field. Julia Barthold, M.D., a pediatric urologist at A.I. DuPont Hospital for Children in Wilmington, DE, says she hasn't seen an uptick in these issues in her practice, and even if she had, whether or not EDCs should get the blame is still a question: “We don't know which factors—like family history—might be most important.”

Other doctors will tell you they have no doubts; Howard Snyder, M.D., a pediatric urologist at the Children's Hospital of Philadelphia, says, “As a nation, we *are* seeing a rise in hypospadias and undescended testicles. And it's not because we are better at making diagnoses. If that were the case, we would be seeing minor cases, and that is not what we are seeing at all. I think this is the real deal—and EDCs may be to blame.”

WHY IT MAY BE SMART TO CHANGE OUR WAYS

Product manufacturers often argue that most animal studies use large doses of EDCs, and that the amounts humans are likely to receive from any one product are much lower. But every scientist we contacted for this story brought up the fact that in the real world, humans aren't dosed with only one chemical at a time: From the moment we wake up and brush our teeth with antibacterial toothpaste, swipe on mascara, spray a little air freshener, eat some canned soup for lunch, we are receiving constant tiny doses of EDCs, and they mix in our bodies. “It is the source of some of the greatest fear: the unknown of what we might be exposing ourselves to inadvertently, or just because it all adds up,” says Jackson.

Although the full picture isn't yet painted, it is clear that people like Brandie and Karly, who are actively trying to reduce their family's exposure to endocrine-disrupting chemicals, *aren't* acting crazy. Even the most conservative doctors and scientists—like Barthold and Sharpe, who don't believe the case against EDCs has been proven yet—agree it's a good idea for parents to reduce their household's exposure to these chemicals, especially when a woman is pregnant. “Scientists realize that there may never be a smoking gun, but nonetheless, when their daughters get ready to have children, they say, ‘Stay away from EDCs,’” says Snyder. As Sharpe says, why not avoid unnecessary chemical exposures? “It can do no harm, only potential good.” **R**

6. Don't use chemical poisons on plants or bugs.

7. For drinking water, use a faucet-mounted filter that has been approved by the American National Standards Institute to “remove volatile organic compounds.” (Pitcher filters

may not be enough.)

8. Choose soaps, toothpastes, and deodorants without triclosan.

According to the Centers for Disease Control and Prevention, antimicrobials like triclosan are unnecessary and may help

breed drug-resistant germs.

9. Avoid heavily fragranced products or air fresheners, which may contain phthalates.

10. Go to senate.gov to tell your senators if you want more EDC research and regulation.



1 DREAM ROOM



➔ Designer tips

Designer Vivian Bencich created this room with her architect husband, John, for their Atlanta home. Love it? Here's how to get it:

- 1 Use a dark shade for floors, walls, and window panes and your space will actually seem bigger. Just keep the ceiling white and ditch the curtains so that this “man cave” doesn’t look like an actual cave.
- 2 Add a vintage touch with a few black-and-white family photos.
- 3 Streamline things by choosing a single wall and lining it with shelves and storage. It will keep the room from feeling crowded.
- 4 Stack your books and magazines according to the color of their spines: They’ll almost look like little sculptures.
- 5 French doors open up your space and let in more light. These fold back 180 degrees!

20 REAL IDEAS

You say media room. He says man cave. Whatever the label, these dark walls, no-frills accents, and minimal furniture add up to a lair you'll *both* love.



5

Steal this
sleek
style for
less!



6 "Smart storage is key," Bencich says. "We installed built-in cabinets to hide stuff, like DVDs and stereo equipment, and then displayed the things we love to look at—including our set of *National Geographics*—on floating wooden shelves."

Break up those cool neutrals with **happy** splashes of color.

7 Remember that futon he had when you first met? Consider this a major upgrade. (Your visiting MIL will thank you too.) Flex sofa, \$999; cb2.com. **8** Anchor the room with a dark wood or metal table like this one. Nueva round cocktail table, \$299; hammary.com. **9** Not everyone can be Bobby Fischer. If chess isn't your thing, leave out this tray of checkered coasters for a similar look. Squares Coastertray, \$89; uncommongoods.com. **10** Antique-seeming maps make for smart, easy art that offsets that episode of *Family Guy* he's watching. Rest artwork on your media cabinets for extra support (and no drilling hooks into walls). World Map 1935 40x30-inch giclée print, \$99.99; art.com. **11** Decorate shelves with a few well-placed knickknacks—these earthy bowls are so cool—but don't overdo it; clutter is your enemy. Set of 3 Root of the Earth bowls, \$179; vivaterra.com.



ROOM: JEFF HERR PHOTOGRAPHY. WOOD BOWLS: PHOTOGRAPHED BY GREG MARINO/STUDIO D. OTHER STILLS: COURTESY OF MANUFACTURERS.

Now your kitchen can be
the most exotic place in the house.



Introducing New Zealand Springs™ scent.

An alluring scent inspired by New Zealand's South Island.
So exotic, you might even start making excuses to do the dishes.
Now also available in Thai Dragon Fruit and Hawaiian Pineapple scents.



Here are some other things you'll never outgrow.



NEW!

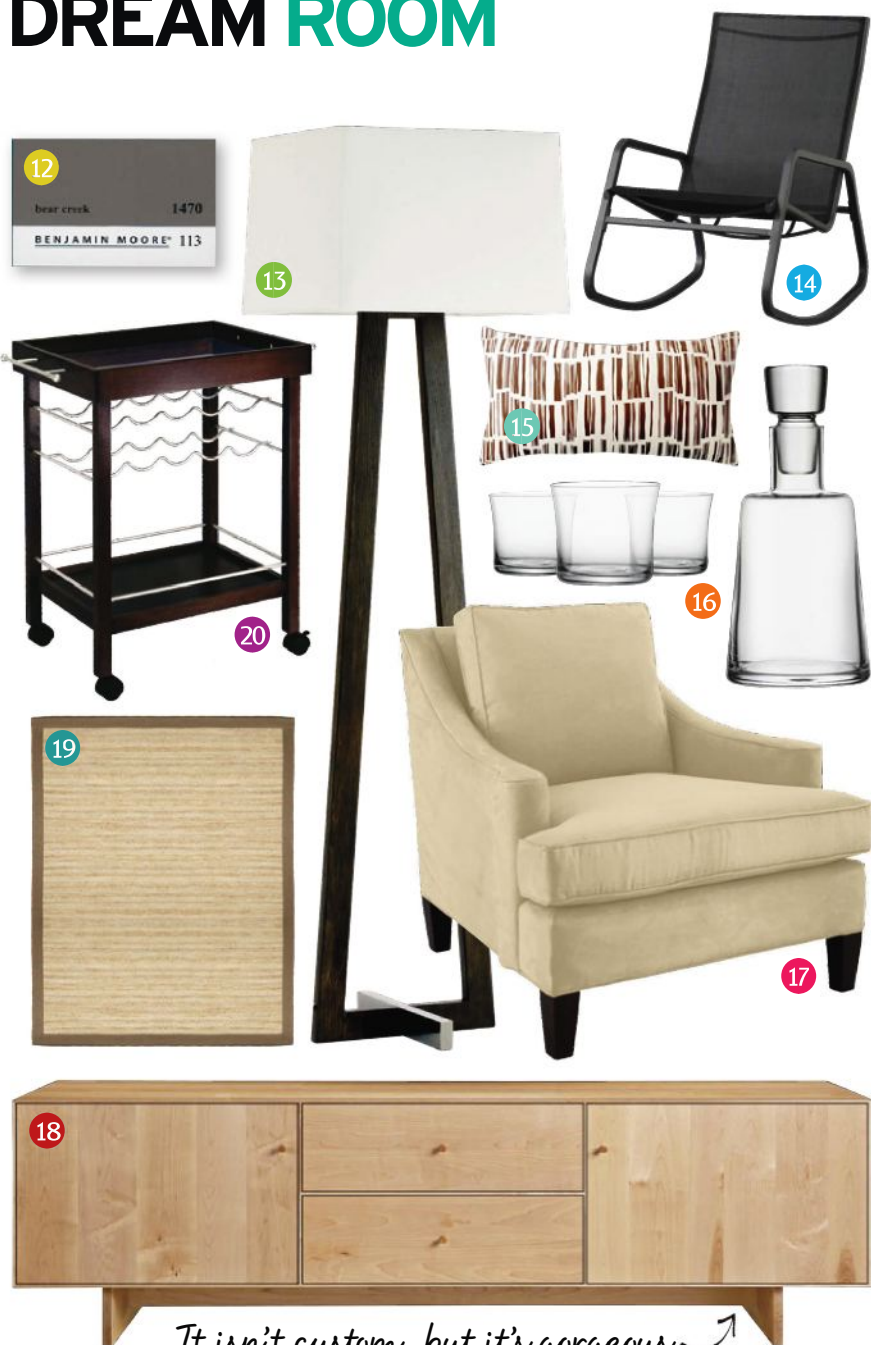


Life is sweet. And with the introduction of our new lighter-than-air, vanilla creme-filled Cloud Cakes™, it's getting sweeter all the time. Try them today along with your other favorite Little Debbie® snacks and unwrap a smile.®



littled Debbie.com

DREAM ROOM



It isn't custom, but it's gorgeous ↗

12 **Dark walls** make for dramatic contrast. Bear Creek #1470 paint, \$40.99 per gallon; benjaminmoore.com. **13** **Brighten things up** with a slick floor lamp. Linear floor lamp, \$199; westelm.com. **14** **Take the sleek feeling outside.** This rocking chair can weather the elements, thank you very much. Mojito rocker, \$149; cb2.com. **15** **One accent pillow** is reasonable, even if he considers it "his" room. (Pile on a few more later.) Wood Planks brown-on-beige long pillow, \$68; bellacor.com. **16** **Real men drink scotch**—or at least keep some in a decanter. Owen decanter, \$39.95, Jax 10-oz double old-fashioned glasses, \$1.95 each; crateandbarrel.com. **17** **Oh, look, a supercomfy chair** that doesn't recline. Fancy! Manchester chair, starting at \$759; ballarddesigns.com. **18** **Light wood cabinets** stand out *and* hide wires from the TV, the Play-Station, and his other game-thingy-with-remotes. Hudson 82-inch media cabinet with wood base in solid maple, \$1,899; roomandboard.com. **19** **A sisal rug** adds interesting texture to the room and hides dirt—smart! 8x10-foot Color-Bound flat-braided jute rug, \$299; potterybarn.com. **20** **Move the party** to the patio in five seconds flat. Espresso wine cart with mirrored top, \$211; bellacor.com.

COURTESY OF MANUFACTURERS (10).

Some things you *never* outgrow.



There's just something about the fresh-tasting goodness of a Little Debbie® snack that makes you feel like a kid again. It's not just one of life's simplest pleasures. It's also one of the sweetest. So, unwrap a smile. littledebbie.com



65% Less Fat.* 100% New.

than the leading sausage, egg and cheese biscuit sandwich

Introducing **MorningStar Farms™ Stuffed Breakfast Biscuits.**
Flaky buttermilk biscuits filled with egg, cheese, and veggie sausage crumbles.
So you can enjoy being good to yourself.



Now that's more like it.™

©, TM, © 2011 Kellogg NA Co.

*MorningStar Farms™ Veggie Sausage, Egg & Cheese Biscuit contains 65% less fat than the leading meat containing Sausage, Egg & Cheese Biscuit Sandwich. The leading meat containing Sausage, Egg & Cheese Biscuit Sandwich contains 28g total fat per serving (128g); MorningStar Farms™ Veggie Sausage, Egg & Cheese Biscuit contains 8g total fat per serving (105g).

GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE



Dude food! (Because **you** love it too)

Dogs, steaks, and burgers, tweaked so no one gains a gut. Plus: The best **insta-dinners**. ● A low cal ice cream **taste test**. ● The lessons **Paula Deen** taught her boys.

In honor of this month's **hot husbands** blowout (turn to page 110 for the goods), we researched the five foods men love most, then made reasonably healthy, way yummy versions of them. Okay, so it's not diet food. Live it up!

← (from previous page)

Grilled Reuben dogs

Prep time: 20 minutes
Cooking time: 22 minutes

- 1 Tbsp canola oil
- 1/2 cup chopped onion
- 1 cup sauerkraut or new kraut (which is less tangy), well rinsed, drained
- 4 sun-dried tomato halves (not in oil), diced
- 1/2 tsp caraway seeds
- 1/4 tsp each kosher salt and ground pepper
- 2/3 cup dry white wine
- 4 top-split hot dog buns
- 1/3 cup Thousand Island dressing
- 4 (1-oz) slices Swiss cheese
- 4 all-beef hot dogs

- 4 bread-and-butter "sandwich stacker" pickles, halved lengthwise

1. Heat oil in a skillet over medium heat; add onion and sauté 6 minutes or until lightly browned. Add sauerkraut, tomatoes, caraway, salt, and pepper; sauté 3 minutes. Pour in wine and bring to boil; reduce heat to low, cover, and simmer 5 minutes or until wine is absorbed.

2. Heat oven to 350°F. Heat a stovetop grill pan over medium heat. Toast insides of buns on grill pan, 2 minutes. Spread insides of buns with half of the dressing, then nestle 1 slice cheese in

each bun over dressing. 3. Grill hot dogs all over, about 3 minutes. Place in buns and put on a baking sheet. Spread tops of hot dogs with remaining dressing, then spoon warmed sauerkraut mixture down the middle. Lay pickle halves along each side. Place dogs in oven for 3 minutes or until cheese melts.

Makes 4 servings. Each serving: 540 cal, 37g fat, 18g protein, 33g carb.

HEALTHY CHEAT

• For a leaner take on this recipe, substitute turkey or chicken dogs.

Bison bacon cheeseburgers

Prep time: 20 minutes
Cooking time: 16 minutes

- 1 Tbsp olive oil
- 2/3 cup finely chopped onion
- 1 1/2 lb ground bison (or 1 lb bison mixed with 1/2 lb ground beef chuck)
- 1 tsp kosher salt
- 1/2 tsp garlic powder
- 1/2 tsp ground pepper
- 4 sesame-seed hamburger buns
- 4 (1-oz) slices cheddar cheese
- 4 curly green-leaf lettuce leaves
- 1 medium tomato, cut into 4 thin slices
- 4 thin slices red onion
- 8 strips cooked bacon
- 3 Tbsp each light mayonnaise and ketchup, mixed

1. Heat oil in a skillet over medium high heat; add chopped onion and sauté 5 minutes or until lightly golden and translucent. Transfer onions to a large bowl and let cool.

2. Add bison to bowl with onions; sprinkle salt, garlic powder, and ground pepper

over meat. Mix very lightly with a fork, just to combine, and shape into four 3 3/4 inch round patties, about 1 inch thick, being careful not to compress the meat. Refrigerate patties.

Prepare a charcoal or gas grill with a medium high fire or heat a grill pan over medium heat.

3. Toast buns on grill for 2 minutes; remove. Grill burgers, 6 to 7 minutes for medium rare doneness or 8 to 9 minutes for medium well, turning every 2 minutes. Lay cheese slices on top of burgers during the last minute of grilling.

4. Put a lettuce leaf on each bun bottom and top with tomato, a burger, an onion slice, bacon, mayonnaise mixture, and top of bun.

Makes 4 servings. Each serving: 678 cal, 44g fat, 40g protein, 31g carb.

HEALTHY CHEAT

• Bison meat has less cholesterol and fat and fewer calories than a skinless chicken breast—it's the toppings you need to watch out for. To cut fat in this recipe, use low-fat cheese and nix the bacon.





Rib-eye steak with grilled potato salad

Prep time: 25 minutes
Cooking time: 30 minutes

Grilled potato salad

- 1 lb mixed red and yellow baby potatoes, scrubbed
- 2½ Tbsp olive oil
- 1½ Tbsp white wine vinegar
- 2 tsp whole grain Dijon mustard
- 1 Tbsp drained capers
- 1 tsp garlic paste
- ½ tsp each kosher salt and ground pepper
- 2 cups torn frisée lettuce
- 6 radishes, sliced

- 2 Tbsp snipped fresh chives

Steak

- 1 (1½-lb) boneless rib-eye steak, 1½ inch thick
- 1½ tsp dry rub for steaks (our favorite is from Rub With Love, available at amazon.com)
- ½ tsp freshly ground mixed peppercorns
- ½ tsp kosher salt

1. Cover potatoes with water in a medium saucepan. Bring to a boil, reduce heat, and simmer until just barely tender, 10 minutes. Drain potatoes, cool, and cut in half. Whisk

olive oil, vinegar, mustard, capers, garlic paste, salt, and pepper in a serving bowl until combined. Add frisée, radishes, and chives (but do not toss).

2. Prepare a charcoal or gas grill with a hot fire. Place a cast iron skillet on grill and close lid to heat skillet. Rub steak all over with dry rub and season with peppercorns and salt.

3. Thread potatoes onto skewers; coat with olive oil cooking spray. Place potatoes, cut side down, on grill next to skillet and grill until light golden brown, 8 minutes, turning once. Remove

potatoes from skewers, place in bowl with the greens and dressing, and gently toss to combine.

4. Brush grill grates clean. Lightly spray both sides of steak with olive oil spray. Place steak into hot skillet on grill; sear steak for 1½ minutes per side. Remove steak from skillet and place directly on grill grate. Grill, covered, 7 minutes for medium rare doneness (135°F) or 10 minutes for medium (145°F), turning once. (The skillet sears the steak quickly so juices get sealed in; plus, the fat drips into the skillet instead of the

grill, which means fewer flare ups.)

5. Remove steak from grill; let rest on a cutting board 5 minutes. Cut steak across the grain into thick slices. Serve with grilled potato salad.

Makes 4 servings. Each serving: 539 cal, 36g fat, 33g protein, 20g carb.

HEALTHY CHEAT

• A typical restaurant steak is 16 oz; these servings are a quarter of that. Also, we tossed this potato salad in a light vinaigrette instead of mayo.



Buffalo shrimp with crunchy salad

Prep time: 20 minutes
Cooking time: 5 minutes

Crunchy salad

- 1/2 cup each nonfat yogurt and light sour cream
- 3 Tbsp each fresh lime juice and chopped cilantro

- 1/2 tsp each kosher salt and freshly ground black pepper
- 1/2 cup (2 oz) crumbled creamy blue cheese or Gorgonzola cheese
- 3/4 cup each diced jicama and carrot
- 3 ribs celery, thinly sliced
- Buffalo shrimp**
- 4 Tbsp unsalted butter
- 2 tsp honey

- 1/3 cup chipotle pepper sauce (such as Tabasco)
- 1 tsp each tomato paste and garlic paste
- 24 jumbo frozen shrimp (about 1 1/2 lb), peeled, deveined, tail shells intact, thawed
- 1/4 tsp each kosher salt and pepper
- 1 bunch watercress, cut into sprigs

- 1 ripe Hass avocado, pitted, peeled, and cut into slices

1. Crunchy salad: In a small bowl, whisk yogurt, sour cream, lime juice, cilantro, salt, and pepper until blended. Stir in blue cheese. In a large bowl, combine jicama, carrot, and celery. Toss with 1/3 cup of the yogurt mixture

until evenly coated. Reserve remaining dressing to serve with shrimp.

2. Buffalo shrimp:

Heat a stovetop grill pan over medium heat. Place butter in a large glass bowl and heat in microwave until melted; whisk in honey, pepper sauce, tomato paste, and garlic paste until blended. Place bowl back in microwave.

3. Spray shrimp with olive oil cooking spray and season with salt and pepper. Grill shrimp 2 minutes per side or until just cooked through. While shrimp are grilling, microwave hot sauce mixture 2 minutes, until bubbling. Add grilled shrimp to hot sauce; toss until well coated.

4. To serve, line plates with watercress and avocado and top with crunchy salad. Spoon shrimp onto plates. Serve with reserved dressing.

Makes 4 servings. Each serving: 409 cal, 24g fat, 34g protein, 17g carb.

HEALTHY CHEAT

- Most restaurants deep-fry buffalo chicken wings, but our shrimp are grilled with cooking spray so there's no added fat (you get a third fewer grams). And even though this blue cheese dressing contains low-fat sour cream and nonfat yogurt, it tastes exactly like the real thing.

Not all love notes
are written.
Some are made.

Real ingredients like eggs, vinegar, and oil that's a good source of Omega 3^{ALA*}.
Half the fat and calories.** Hellmann's® Light is the perfect way to spread a little
love. For recipes, visit hellmanns.com



it's time for real sandwiches

©2010 Unilever. *Good Source of Omega 3 ALA: Contains 230mg of ALA per serving, which is 14% of the 1.6g Daily Value for ALA. Contains a small amount of EDTA to protect quality. **Compared to regular mayonnaise.

take note

STRAWBERRY
SAUZA®-RITA

POUR IN ONE 12 OZ CAN
OF FROZEN LIMEADE

+

FILL CAN
WITH CHAMPAGNE

+

FILL CAN 2/3 WITH
SAUZA® SILVER

+

1/3 CAN OF DEKUYPER®
STRAWBERRY LIQUEUR

+

ONE CAN OF WATER

STIR PITCHER & SERVE!

Makes 9 delicious drinks.

LOOKING FOR A LIGHTER OPTION?
Swap soda water for the champagne
and 2 cups of sliced strawberries
for the strawberry liqueur.



WEEKNIGHT MEALS

Grilled pork with
peach slaw

Prep time: 20 minutes
Cooking time: 30 minutes

Peach slaw

- 1 (6-oz) container low-fat peach yogurt
- 3 Tbsp each light mayonnaise and diced red onion
- 1½ Tbsp apple cider vinegar
- ½ tsp each kosher salt and freshly ground black pepper
- 4 cups finely shredded Savoy cabbage
- 1 cup shredded carrots
- 2 ripe peaches, halved, pitted, and thinly sliced

Pork

- 1 (1¼-lb) boneless pork tenderloin
- 1 Tbsp each garlic paste and chopped fresh thyme leaves
- ½ tsp each salt and freshly ground black pepper
- 4 oz thinly sliced pancetta or bacon
- 1 Tbsp olive oil

1. Peach slaw: In a bowl, whisk yogurt, mayonnaise, onion, vinegar, salt, and pepper until blended. Add cabbage, carrots, and peaches and toss to coat. Let slaw stand at room temperature while preparing pork, tossing occasionally.

2. Pork: Heat oven to 400°F. Brush pork all over with garlic paste, then season with thyme, salt, and pepper.

3. Wrap the entire tenderloin with pancetta slices or bacon strips, overlapping them slightly and pressing them onto pork to adhere. Tie kitchen twine around the tenderloin in several places to hold pancetta in place.

4. Heat oil in a large, ovenproof skillet over high

HEALTHY CHEAT

• Pork tenderloin is as lean as a piece of grilled chicken, and we tossed the slaw with light mayo and low-fat peach yogurt—so it's rich and creamy but not heavy.

heat until shimmering; add pork and sear all over until golden brown, about 8 minutes. Transfer skillet to oven and roast pork 20 to 22 minutes longer, until an instant read thermometer inserted into the center of the meat registers 150°F for medium doneness. Transfer pork to a cutting board and loosely tent with foil. Let rest 10 minutes before slicing into ½ inch thick slices. Drizzle accumulated juices from cutting board over pork. Serve with peach slaw.

Makes 4 servings. Each serving: 404 cal, 19g fat, 35g protein, 24g carb.

7PM: "I HEARD SOME OFFICE GOSSIP."

10PM: "I AM THE OFFICE GOSSIP."



SAUZA MARGARITAS

LADIES NIGHT IN. SEE WHAT POURS OUT.

DRINK RESPONSIBLY. Sauza® Tequila, 40% alc./vol. © 2011 Sauza Tequila Import Company, Deerfield, IL. Facebook is a registered trademark of Facebook, Inc.

SIMPLE RECIPES ON [f](#)

Work

Snyder's of Hanover presents

share^{the} best



Summertime equals entertaining time, and what better way to kick off the season than with a party at your place. So invite your BFF's over and share the best of times at a girls-only get-together. Here's how:

- 1 Give it a theme.** Whether it's a poolside brunch or cozy cocktail party, having a theme makes it easy to organize everything from the invites and the paper goods to the drinks. Fun ideas include a beach bash, Mexican fiesta, or movie night.
- 2 Serve special snacks.** Snyder's of Hanover Flavored Sourdough Pretzel Pieces make any event even more delicious and enjoyable. It's not just a pretzel, it's Snyder's sourdough. These bite-size pretzels come in an array of mouthwatering flavors, offer a satisfying crunch, and have up to 50% less fat than today's leading brand of flavored potato chips. And they're perfect for any party, any time of day.
- 3 Make the memories last.** Put disposable cameras in various spots and encourage guests to snap away. The result is photos from all angles of your party, so it's easy to make it one you never forget. Then, be sure to share pictures with all of your friends.
- 4 Personalize your party.** Create a "totally you" playlist that will set the mood and keep the party lively. A signature cocktail or mocktail is another tasty way to add a personal touch to your party.

Share Your Best Party-Planning Tips

Do you throw stand-out parties? We want to hear from you! Visit redbookmag.com/snyders today for the chance to win the ultimate summer entertaining prize package—including delicious pretzels from Snyder's of Hanover!



No purchase necessary to enter or win. Snyder's Share the Best Contest. Sponsored by Hearst Communications, Inc. Beginning at 12:01 am ET on 5/9/11 through 11:59 pm ET on 6/30/11, enter at redbookmag.com/snyders and submit an entry form, including your best party planning tip pursuant to the onscreen instructions. Odds of winning will depend upon the total number of eligible entries received. Must be 18 years or older and a legal resident of the 50 United States, District of Columbia, Puerto Rico, or Canada. Void in the Province of Quebec and where prohibited by law. Contest is subject to complete official rules available at redbookmag.com/snyders.

IT'S NOT JUST A PRETZEL IT'S SNYDER'S SOURDOUGH



Genuine sourdough. Slow-baked to the pinnacle of perfection. Then broken into bite-sized pieces and seasoned with a fusion of mouthwatering flavors. All the delicious crunch you want with 30% less fat than flavored potato chips!*

Share the Best.



sharethebestclub.com

snydersofhanover.com



*Snyder's Honey Mustard & Onion Pieces (7g of fat/28g serving) have 30% less fat than America's best-selling flavored potato chips.

Easy grilled chicken dinners, a.k.a. total happiness Just grab a pack of thighs and up the yum factor with sweet barbecue sauce or tangy pesto marinade.



8 boneless, skinless chicken thighs, well trimmed (about 1 1/2 lb)



2 cups packaged cole slaw



1/4 cup low-fat mayonnaise



2 tsp cider vinegar



3/4 cup honey mustard barbecue sauce



8 slider rolls

BBQ chicken sliders

1. Brush chicken with 1 Tbsp olive oil; sprinkle with 1/2 tsp kosher salt and 1/4 tsp freshly ground black pepper.
2. Prepare an outdoor grill or heat a lightly oiled grill pan over medium heat. Add chicken and grill 5 to 6 minutes per side, until cooked through. Remove chicken to a cutting board; let cool slightly, then coarsely chop.
3. In a medium bowl, combine cole slaw, mayonnaise, and vinegar. Add salt and freshly ground pepper to taste. Toss to combine.
4. In a medium saucepan, heat barbecue sauce until hot; add chopped chicken, stirring to coat well.
5. Cut slider rolls almost in half. Spoon barbecue chicken onto bottom halves and top with cole slaw mixture.

Makes 4 servings. Each (2-slider) serving: 524 cal, 20g fat, 40g protein, 46g carb.



8 boneless, skinless chicken thighs, well trimmed (about 2 lb)



1 Tbsp basil pesto



1 tsp each fresh lemon juice and grated lemon zest



1 (5.6-oz) box toasted pine nut couscous



1 cup mixed cherry tomatoes, halved or quartered



1/4 cup shredded fresh basil

Lemon-basil chicken and pine nut couscous

1. In a small bowl, combine pesto, lemon juice, and 1/2 tsp of the lemon zest. Brush chicken with pesto mixture, then sprinkle with 1/2 tsp kosher salt and 1/4 tsp freshly ground black pepper.
2. Prepare an outdoor grill or heat a lightly oiled grill pan over medium heat. Add chicken and grill 5 to 6 minutes per side, until browned and cooked through.
3. Meanwhile, cook couscous according to package directions. Put couscous in a medium bowl and stir in tomatoes and basil.
4. Sprinkle remaining 1/2 tsp lemon zest over chicken and serve with couscous.

Makes 4 servings. Each serving: 406 cal, 17g fat, 33g protein, 30g carb.

RECIPES BY BARBARA CHERNETZ



The only dish liquid approved to kill 99.9%
of SALMONELLA, E. COLI AND STAPH
on dishes in seconds.*



Palmolive® AntiBacterial. Clean with confidence.

*Salmonella enterica, E. coli 0157:H7 and Staph aureus on dishes in 30 seconds when used as directed. © 2011 Colgate-Palmolive Company

A fully loaded—but still skinny!—salad Ours has all the cheesy, crunchy extras you get at California Pizza Kitchen, with half the calories.



California Pizza Kitchen's Waldorf Chicken Salad with blue cheese dressing

1,561
CALORIES
31 grams of saturated fat

BIG, FAT SURPRISE

Heavy dressing, cheese, and sweetened walnuts make this salad more caloric than a CPK Meat Cravers pizza! Our dressing is made with nonfat buttermilk, and the nuts are baked with a touch of honey to trim the fat.

WAIT! DON'T ORDER THIS...



REDBOOK's chicken Waldorf salad

Dressing

- 2/3 cup nonfat buttermilk
- 1/3 cup plain fat free Greek yogurt
- 2 oz (1/2 cup) blue cheese, crumbled
- 1 tsp grated lemon zest
- 1 tsp kosher salt
- 1/2 tsp freshly ground pepper

Salad

- 2 Tbsp honey
- 1 cup walnut pieces
- 4 skinless, boneless chicken breasts (1 lb total)
- 1 Tbsp olive oil
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground pepper
- 16 cups (9 oz) mixed salad greens
- 4 cups each thinly sliced celery and Granny Smith apple
- 3 cups red seedless grapes, halved
- 2 oz (1/2 cup) good blue cheese, such as Stilton, crumbled

1. In a small mixing bowl, combine all dressing ingredients.

2. Heat oven to 350°F. In a small bowl, microwave honey for 30 seconds. Add walnuts and toss to coat. Spread nuts in a single layer on a baking sheet covered with nonstick foil and bake about 15 minutes, stirring once or twice until golden brown. Transfer to a wire rack to cool completely.

3. Heat a nonstick grill or grill pan over medium heat, brushing it lightly with oil. In a large bowl, toss chicken with olive oil, salt, and pepper. Grill 6 to 7 minutes per side, until cooked through. Let cool slightly, then cut into 1 inch pieces.

4. In a large mixing bowl, toss greens, chicken, walnuts, celery, apple, grapes, cheese, and dressing until all ingredients are coated. Serve immediately.

Makes 4 servings. Each serving: 599 cal, 32g fat, 41g protein, 44g carb.



Restaurant redo
ONLY 599
CALORIES
8 grams of saturated fat

MAKE IT HEALTHIER AT HOME!



Be delicious

Chili-Rubbed Pork Chops
with Grilled Pineapple Salsa



When you get into the kitchen with pork, you'll find yourself thinking about the possibilities. Pork inspires you to have more fun with flavor. Find your next delicious meal at PorkBeInspired.com

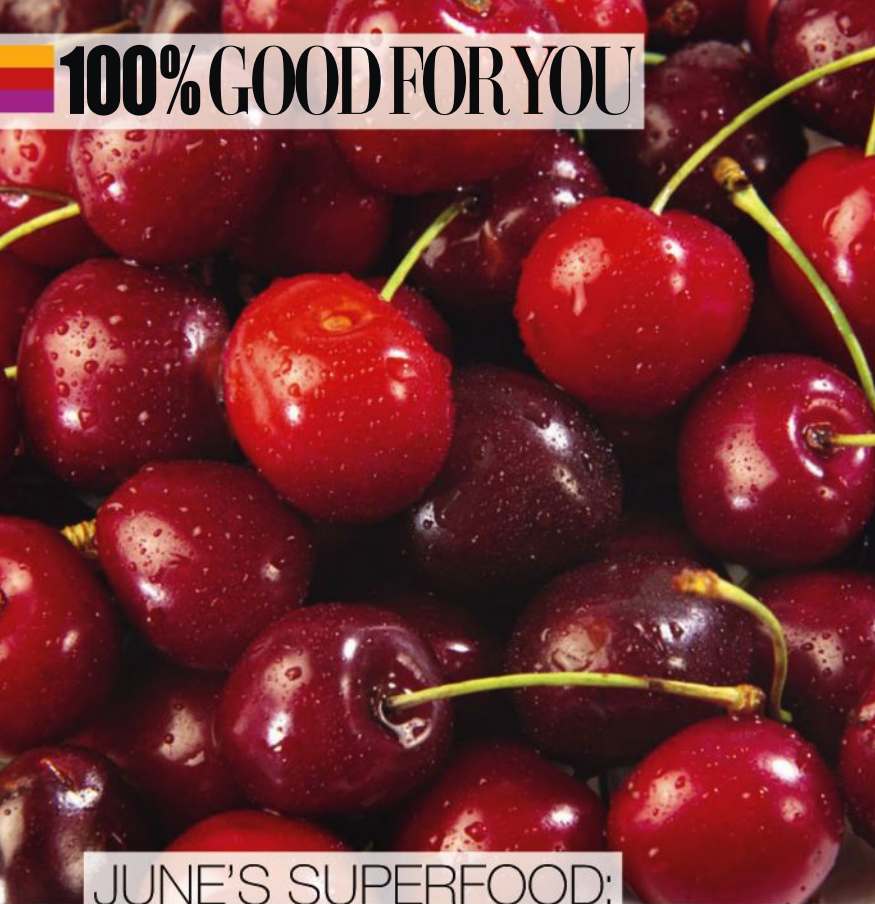


©2011 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.



Be inspired™

PorkBeInspired.com



100% GOOD FOR YOU

JUNE'S SUPERFOOD:

CHERRIES

Cherry season is definitely a reason to smile. There are more than 1,000 varieties of cherry tree in the United States, and almost all of them blossom into giant cotton-candy-like puffs from late May until early August. One cup (about 17 cherries) has only 87 calories and is packed with anti-cancer and antiaging compounds. The sweetest ones are deep red with intact stems and firm (but not rock-hard) skins, says New Jersey-based culinary nutritionist Diane Hendrix. Spend the extra cash for organic if you can, as conventionally grown cherries can be high in pesticide residue. Pop 'em as a snack, or pit them and sprinkle over yogurt or ice cream. For dinner, sauté with sugar, water, and rosemary to make a cherry compote that'll snazz up any meat. NICOLE YORIO

A TAN THAT FIGHTS CANCER?

Someone please tell Snooki: Snacking on brightly colored fruits and veggies can give skin a safe, all natural hint of bronze. It's true—substances called carotenoids in red, yellow, orange, and dark green produce are absorbed by your skin and give it a golden glow that resembles a suntan, according to a new Scottish study. In fact, people in the study preferred the look of a "veggie tan" to a regular sunbaked one. Carotenoids also help protect your skin from UV damage, boost immune function, and even improve fertility. You only need 2½ cups a day of colorful fruits and veggies like bell peppers, peaches, berries, and spinach to see the difference. (For more ways to keep skin safe, see page 96). NATALIE GINGERICH MACKENZIE



HUNGRY GIRL'S FOOD FIX

Everyone going out for ice cream?

So are you, with these surprisingly skinny picks from Hungry Girl Lisa Lillien.



AT COLD STONE CREAMERY

Go for a "Like It" portion of one of their Sinless Ice Creams, which are lower in fat and calories. Try the Sweet Cream flavor for 170 calories and zero fat or Cake Batter for 210 calories and 1 gram of fat. Mix in fresh or frozen fruit, like strawberries, or get it in a small cake cone for just 30 more calories. But steer clear of shakes made with Sinless Ice Cream: Even the smallest sizes have 490 to 670 calories each.



AT BASKIN-ROBBINS

I love the BRight Choices ice creams—so many options, so little guilt! My favorites are the Premium Churned Light ones in Aloha Brownie, Cappuccino Chip, or Mint Oreo. Each scoop has 140 to 150 calories and 5 grams of fat or less. Add sprinkles!



AT BEN & JERRY'S

Go for the guys' Chocolate Fudge Brownie or Half Baked frozen yogurts (mmm... chunks of brownie and cookie dough) for 160 calories and under 3 grams of fat per scoop. (But skip the No Sugar Added Vanilla Fudge Chip—it has a whopping 13 grams of fat.)



AT FRIENDLY'S

As far as single-scoop stats go, Friendly's rocks! Many flavors have 110 to 130 calories per ½ cup; even the Peanut Butter Cup flavor clocks in at only 150 calories. Forgo the sundae (it can have up to five scoops and more than 1,000 calories) in favor of one scoop with no-sugar-added fudge (which saves you 30 calories over regular hot fudge). Sweet.

For even more slim summer eating tips, go to hungry-girl.com.



Be creative

Pork Chimichurri Salad



Tender, juicy and oh-so satisfying, pork gets creative juices going. From tasty pork tacos to simple salads, find your next great idea at PorkBeInspired.com

pork
checkoff

©2011 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.

WorldMags



Be inspired™

PorkBeInspired.com

5 EASY WAYS TO CUT 200 CALORIES

Overeating tends to sneak up on you—a cupcake here, a bag of chips there—until suddenly your jeans won't button. Luckily, trimming from your diet can be just as unnoticeable. Making one of these swaps every day could help you shed up to 20 pounds in a year.



Instead of pouring $\frac{3}{4}$ cup of granola over your yogurt, get that same crunch from 1 cup of low-calorie whole-grain cereal, like Kashi Heart to Heart. **SAVE 252 CALORIES**

Popping in to Starbucks for a snack? Avoid big pastries like a blueberry scone and order a Petite Vanilla Bean Scone with your tall nonfat latte. **SAVE 220 CALORIES**

Nix a 6-ounce piña colada at a party in favor of a 5-ounce glass of chilled white wine. **SAVE 212 CALORIES**

Skip the slice of regular or thick-crust pepperoni pizza and have a piece of thin-crust veggie pizza. **SAVE 202 CALORIES**

Order any Mexican entrée without sour cream and cheese, and ask for extra pico de gallo instead. **SAVE 220 CALORIES**

STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

Sip wine, lose weight.



Can't say no to sausage? Say "yes" to decaf.

Watch out for this bad-news breakfast combo

A cup of joe has loads of proven health benefits, but when paired with a fatty meal, it may be dangerous. New research published in the *Journal of Nutrition* found that when healthy people ate a meal high in saturated fat (something like eggs and sausage) and then drank two cups of coffee, their blood sugar shot up 65 percent in response to their *next* meal, hours later. "The levels were high enough for our healthy subjects to be classified as prediabetic," says study author Marie-Soleil Beaudoin. Apparently, the combo of saturated fat and caffeine has a lasting effect on how well your body metabolizes sugar, and renders your cells less able to use it for energy. As a result, you feel tired. Plus, chronic high blood sugar can lead to blood-vessel damage, belly fat, and type 2 diabetes. If you have a family history of diabetes, have your morning coffee with a high-fiber, low-fat meal, like cereal with skim milk—or switch to decaf when indulging in something rich. **AVA FEUER**

WE JUST CAN'T STOP EATING...



FUNKY MONKEY BANANAMON
\$1.99 to \$2.39 per 1-oz bag, Target

These crunchy freeze-dried banana bites are

made from 100 percent fruit—no sugar added! Thanks to a sprinkle of cinnamon, "they taste like cookies," said a staffer, but you can munch the whole bag for 110 calories and zero fat.



PLANTERS DRY-ROASTED PEANUTS, FIVE-ALARM CHILI
\$3.59, grocery stores nationwide

Staffers loved these "hot, hot, hot" nuts for low-guilt

snacking. Peanuts have been shown to help keep your heart healthy, and the mega-spice in these means that even though you may *want* to eat half the jar, you won't be able to!



LIPTON NATURAL DIET GREEN TEA, WATERMELON
\$0.99 to \$1.39, grocery stores nationwide

"Two of my favorite summer flavors—watermelon and iced tea—in one bottle!" raved a staffer of this zero-calorie drink. It's "super-refreshing" and "just sweet enough." Bonus: Green tea has cancer-curbing antioxidants.



FIBER ONE CHOCOLATE PEANUT BUTTER BROWNIES
\$3.89 for six,

grocery stores nationwide They're "soft and fudgy" and filled with "peanut butter deliciousness," staffers said. But each treat has only 90 calories and 5 grams of fiber, so it qualifies as a healthy snack!



Be inspiredSM



Braised Pork Chops with Peppers and Onions

INGREDIENTS

- 4 boneless pork loin chops, about 1-inch thick, trimmed
- 2 tsp. olive oil
- Salt and pepper
- 1 tbsp. tomato paste
- 2 small red or yellow bell peppers, quartered and cut into 1/4-inch slices
- 1 small red or yellow onion, halved and cut into 1/4-inch slices
- 4 cloves garlic, thinly sliced
- 1/2 c. dry red wine (can substitute chicken or vegetable broth)

DIRECTIONS

Warm oil in large nonstick skillet over medium heat. Season chops with salt and pepper; cook until browned, 3-4 minutes per side. Remove chops and set aside.

Add tomato paste to skillet and cook, stirring, for 15 seconds. Add peppers and onion to skillet, season with salt and pepper. Cook, stirring occasionally, until vegetables start to brown, about 3 minutes. Add garlic and cook, stirring occasionally, for 1 minute.

Add wine and bring to a boil, scraping up and stirring in any browned bits in the skillet. Return chops to skillet, nestle them in the liquid and reduce to a simmer. Cover and cook 4 minutes. Turn chops, cover, and cook until internal temperature reaches 160°F.

Serve with pepper and onion mixture on top of pork.

Serves 4

With pork, there's so much you can do. From skillet to second helpings, pork lets you put your own spin on delicious. Find your next inspiring recipe at PorkBeInspired.com



©2011 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.

WorldMags



Be inspiredSM

PorkBeInspired.com

WHAT WE KNOW ABOUT FOOD

Bobby and Jamie Deen

Foodie secrets from two sandwich-loving mama's boys. (You raised 'em right, Paula!)



Brothers Bobby (left) and Jamie manning the grill.



Mom's healthy trick: "Just a few weeks ago, I thought she was feeding me creamed potatoes, but it was actually creamed cauliflower," Bobby says. "I couldn't tell the difference."



"My mom's goulash is the best dish I've ever had," says Bobby. "She makes it for my birthday every year. Finally, at 41 years old, I've learned how to cook it, but it's still not as good as hers." Get the recipe at redbookmag.com/pauladeen.

Breakfast is best made together. "My first kitchen memories are dunking the bread in the egg wash for the French toast and putting on the powdered sugar," says Bobby, who wrote the new book *The Deen Bros. Get Fired Up* with his older brother, Jamie. Says Jamie, "Breakfast duties are easy for a sous chef. Kids love to break things, so let them crack a couple of eggs. That's what my 5-year-old son, Jack, does."

The secret to getting your man to cook is... Buying the groceries, says Bobby: "I hate a grocery store, and I think a lot of men feel that way." Adds Jamie, "I think it would help if a woman found a recipe, bought all the ingredients, and said, 'Honey, I'll give you a back rub if you make dinner.'"

"Thank God Mom taught us to be self-sufficient," Jamie says. "We learned to wash our clothes and cook at young age. And she said, 'Now you can take care of yourself.' Bobby's still doing it. He keeps his house, he cooks for himself, and he wears clean clothes most of the time. You really stunt your sons by saying, 'Cooking and cleaning are women's work.'"

"We're trimming down Mama's meals—and she loves it," says Bobby. "People think she's an unhealthy cook all the time, and that's not true. Mom cooks Southern food very well, but she doesn't always use cream and butter. Our goal is to lighten up Southern recipes—we don't want to give up our history, but neither of us wants to check out early. We can't sit around eating sticks of butter." Adds Jamie, "I could stand to lose a few pounds. Bobby's in the gym five days a week. I'm just smoke and mirrors and Photoshop."

Still, nothing beats a crazy sandwich. "When we were kids, Mom gave us pineapple and mayo sandwiches," Jamie says. "I still love them. She'd also make butter and sugar or cold spaghetti sandwiches. Now, anything that fits between two pieces of white bread, I'll eat it." AS TOLD TO NICOLE YORIO



"When we travel, we make trail mix with granola, pretzels, and M&Ms," Jamie says. "It keeps me away from triple cheese burgers at the drive through."



"The best man food is anything with a bone in it," says Jamie. "I love food with natural handles you can pick it up and gnaw."



"I would never visit Chicago without getting the deep dish pizza at Lou Malnati's," says Jamie. "The last time we were there, I walked 15 blocks to get a slice, and then turned around and walked 15 blocks back."

4 THINGS YOU'LL ALWAYS FIND IN OUR KITCHENS

BISQUICK



"My family does pancakes and waffles at least three times a week," Jamie says. "I dump a little milk and an egg in there, and it saves me so much time."

BLUEBERRIES AND BLACKBERRIES



"I drink a lot of smoothies," Bobby says. "Every time I make one, I add berries, so I go through them pretty fast."

BLUE MOON BEER



"It's a must have at every barbecue," Jamie says. "I like it ice cold with an orange wedge."

BROCCOLI



"It's in my refrigerator every day of the year," Jamie says. "Jack loves it. I'll blanch it and put on a little teriyaki sauce or a touch of butter."

CLOCKWISE FROM TOP RIGHT: COURTESY OF SUBJECTS/BEN FINK PHOTOGRAPHY; ISTOCKPHOTO.COM AND STEPHEN WISBAUER/STOCKPHOTO; RUSTY HILL/GETTY IMAGES; COURTESY OF RESTAURANT; CREATIVE CHOP/GETTY IMAGES; COURTESY OF MANUFACTURER; TOM MERTON/GETTY IMAGES; ISTOCKPHOTO.COM; PAUL POPLIS AND TOBIAS TITZ/GETTY IMAGES; COURTESY OF SUBJECT.



Bookmark This

Promotion



You're One Wash Away From Spectacular Brunette

John Frieda® Brilliant Brunette® haircare enhances natural highs and lows, revealing a spectrum of tones in one wash. www.johnfrieda.com/brunette



New Revolutionary Enhanced Delivery For Omegas In A Sugar-Free Gummy!

Introducing Omega Surge™, the latest advance in Omega Technology! Through an exclusive emulsified technology, Omega Surge™ provides enhanced delivery of omega-rich oils in a convenient tasty lemon gummy. Unlike softgels, there is no fishy repeat, and the gummies are formulated with the highest grade of fish oil and are sugar, gluten and soy free. CountryLifeVitamins.com; 800-645-5768

Softer, Beautiful Feet

Are your feet ready for sandal season? Kerasal, the #1 podiatrist recommended foot softener, exfoliates and moisturizes feet in one easy step. In just days you will have new, beautiful feet. Look in the footcare section at Walgreens, CVS, Walmart and other drug chains. Visit Kerasal.com or call 1-877-674-3475 for coupon.



Sugar-Free Fiber Gummies

With 5 grams of fiber and powerful B vitamins, Vitafusion® Weight Management Fiber Gummies may help support a healthy lifestyle. Available in the fiber aisle. enjoyyourfiber.com

SHOP THE ISSUE

5 TRICKS FOR...

GORGEOUS AIR-DRIED HAIR

PAGE 64: Organix Renewing Moroccan Argan Oil Treatment, \$7.99; ulta.com. Kérastase Elixir Ultime, \$50; kerastase-usa.com. Living Proof Full Thickening Mousse, \$26; livingproof.com. Paul Mitchell Awapuhi Wild Ginger Texturizing Sea Spray, \$17.50; amazon.com. Goody Simple Styles Spin Pins, \$6.29 for two; target.com.

BEAUTY CALL

PAGE 66: Make Up For Ever Aqua Cream, \$22; makeupforever.com. Chanel Rouge Allure lipcolor, \$32, and Lèvres Scintillantes Glossimer, \$28.50; chanel.com. Benefit Badgal pencil, \$20; benefitcosmetics.com. Clinique High Impact Curling Mascara, \$14.50; clinique.com. DDF Advanced Firming Cream, \$130, Pro Retinol Energizing Moisturizer, \$88, and Advanced Micro Exfoliation Cleanser, \$46; ddfskincare.com.

PRETTY SMART

PAGE 68: Giorgio Armani Eyes to Kill Intense shadow, \$32; giorgioarmani-beauty-usa.com. EcoTools Recycled Bath & Shower Gloves, \$3.99 for 2; Target, Walmart. Lather Facial Polishing Powder, \$11; 877 6 LATHER, lather.com. Yves Saint Laurent Volupté Sheer Candy Collection, \$30 each; yslbeautyus.com. Chanel Limited Edition Nail Colour, \$25; chanel.com. E.L.F. Personal Blend Foundation SPF 15, \$8; eyeslipsface.com. Benefit Chachatint lip and cheek stain, \$28; benefitcosmetics.com. Stella McCartney Sheer Stella fragrance, \$63; Sephora.

HOT TIPS FOR SUMMER NIGHTS

PAGE 72: Lierac Paris Sensorielle Oil, \$34; tenthavenuebeauty.com. **PAGE 74:** Estée Lauder Bronze Goddess Eau Fraîche Skinscent, \$55; esteelauder.com. Chanel Chance Eau Fraîche Shimmering Touch Body Gel, \$50; chanel.com. Bobbi Brown Rich Lip Color, \$22; bobbibrowncosmetics.com. **PAGE 76:** Physicians Formula Happy Booster Glow & Mood Boosting Powder, \$13.95; physiciansformula.com. **PAGE 78:** VS Makeup Brilliant Shimmer All Over Powder, \$14; victoriassecret.com. Jane Carter Solution Condition & Sculpt lotion, \$9; janeartersolution.com. Nars Soft Touch Shadow Pencil, \$24; narscosmetics.com. DuWop Amber Eyes Single, \$18; shop.duwop.com.

Q & TRIPLE A

PAGE 82: Ray Ban sunglasses, \$145; bloomingdales.com. Lumière Bio restorative Eye Cream, \$80; store.skincarelab.com. Stila Perfecting Concealer, \$23; stilacosmetics.com.

THE HITS OF SUMMER

PAGES 184-185: Alice & Trixie "Kendra" top, \$247; Obligato, East Hampton, NY, 631 324 6464. Lisa Stewart necklace, \$157; shopbop.com. CC Skye "Double Header

Spike" bracelets, \$150 each; ccskye.com. Citizens of Humanity "Ava" jeans, \$154; shopbop.com. Michael Kors heels, \$695; Michael Kors Collection stores, 866 709 5677. **PAGE 186:** For Mark cosmetics, visit shop.meetmark.com. Maya Brenner "Twilight" necklace, \$650; mayabrenner.com. Ariel Gordon necklace, \$330; arielgordonjewelry.com. **PAGE 187:** Cardigan by Lynne Hiriak sweater, \$195; cardigannewyork.com. Nieves Lavi shorts, \$130; Scarlett Boutique, Miami, 305 665 1234. **PAGE 188:** Hat Attack hat, \$78; hatattack.com. KiraKira necklace, \$125; kirakirajewelry.com. Urban Outfitters tank, \$54; Urban Outfitters stores. Tibi jeans, \$220; tibi.com. **PAGE 189:** Project Alabama dress, \$225; 646 438 6944 for stores. **PAGE 190:** Old Navy "Colorblock" bikini top, \$19.50; oldnavy.com. Chelsea Flower sweater, \$275; Alene Too, Boca Raton, FL, 561 394 0899. Paige Denim "Jimmy Jimmy" shorts, \$129; Paige NYC, 212 625 0800. **PAGE 191:** Gap tank, \$16.50; gap.com. Accessories by Ash necklace, \$65; accessoriesbyash.com. Robyn Rhodes "Bailey" ring, \$70; robynrhodes.com. Helen Kaminski "Con stanza" bag, \$280; helenkaminski.com. Tucker skirt, \$267; tuckerbygabybasora.com. Butter "Sarconia" shoes, \$308; endless.com.

Sweepstakes Rules

FREEBIES! SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to redbookmag.com/freebies between 12:01 a.m. ET on May 17, 2011, and 11:59 p.m. ET on June 13, 2011, and complete and submit the entry for the sweepstakes of your choice pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, Puerto Rico, or Canada who has reached the age of majority in his or her state, territory, or province of residence at time of entry. Void in the Province of Quebec and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/freebies.

THE WISH COME TRUE SWEEPSTAKES, A.K.A. THE \$250,000 CASH GIVEAWAY. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to win250k.redbookmag.com and complete and submit the entry form pursuant to the onscreen instructions. Beginning February 1, 2010, at 12:01 a.m. ET through January 31, 2012, at 11:59 p.m. ET. (1) Grand prize winner will win \$250,000. (2) First place winners will receive \$1,000 each. (24) Second place winners will receive \$100 each. Odds of winning depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in

redbook notebook

what's new, noteworthy & now

Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at win250k.redbookmag.com.

AMERICA'S HOTTEST HUSBAND 2012: NO PURCHASE NECESSARY TO ENTER OR WIN.

Sponsored by Hearst Communications, Inc. Beginning May 9, 2011, at 12:01 a.m. ET through August 15, 2011, at 11:59 p.m. ET, go to redbookmag.com/hothusbands2012 and complete and submit the entry form pursuant to the onscreen instructions, including an essay (500 words or less) on why your husband should be selected as REDBOOK's Hottest Husband 2012. Or mail your entry with your name, age, complete address, telephone number, and email address with first class postage affixed to: REDBOOK Hottest Husband 2012, 300 W. 57th St., 22nd Floor, New York, NY 10019. Mail entry must be postmarked by August 15, 2011, and received by August 19, 2011. Each regular mail entry must be typed or printed in ink. Attach 3 recent color photos of your husband (slides or negatives will not be accepted). Entries become the property of the Sponsor and will not be returned. If entering online, please attach high resolution jpegs (at least 300 dpi). Must be a legal resident of the 50 United States or the District of Columbia age 21 or older. Void in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at redbookmag.com/hothusbands2012.

The models pictured in REDBOOK are used for illustrative purposes only; REDBOOK doesn't suggest that the models actually engage in the conduct discussed in the stories they illustrate.

REDBOOK® (ISSN 0034 2106) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Frank A. Bennack Jr., Vice Chairman and Chief Executive Officer; Catherine A. Bostron, Secretary; Ronald J. Doerfler, Senior Vice President, Finance and Administration. Hearst Magazines Division: David Carey, President; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan Jr., Vice President and Group Controller. ©2011 by Hearst Communications, Inc. All rights reserved. REDBOOK is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at New York, N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement No. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019 3797. Subscription prices: United States and possessions: \$17.97 for one year. Canada and all other countries: \$29.97 for one year. Subscription Services: REDBOOK will, upon receipt of a complete subscription order, under take fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. For customer service, changes of address, and subscription orders, log on to vice.redbookmag.com or write to Customer Service Department, REDBOOK, P.O. Box 6000, Harlan, IA 51593. REDBOOK is not responsible for unsolicited manuscripts or art. Unsolicited manuscripts and photographs will not be returned unless accompanied by return postage and envelope. Canada BN NBR 10231 0943 RT. POSTMASTER: Please send address changes to REDBOOK, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.

METHOD

method® is the pioneer of premium environmentally-conscious + design-driven home care, fabric care, and personal care products. our mission is to inspire a happy, healthy home revolution. for more information, visit www.methodhome.com.



CHECK OUT REDBOOK'S NEW APP!

What are we loving right now? REDBOOK's newest app—**Look, Love, Shop!**—has our editors' picks for the coolest trends and hottest buys.

Discover how to wear new trends, browse the best of the best in fab products, and shop on the spot—all on your iPhone!

Fashion finds, beauty must-haves, home essentials, and easy recipes are all at your fingertips. Visit the App Store on your iPhone to download it for FREE!



It's like having your own personal shopper!



classifieds 800-823-1377

Ladies Talk Free to Men Nationwide
1-800-628-LIVE Men Call 1-800-321-LIVE 69

FREE PSYCHIC READING Powerful and Amazing Predictions! Specialists in Love, Destiny, Money, Passions, Fortune, Luck & Problems. 1-800-716-1175

An Enlightened View Concerning You. Discuss Business or Personal Matters with Endless Possibilities 888-296-7457

FREE minutes Call The PSYCHIC STARS® NETWORK
PSYCHICSTARS.COM 1-800-228-9078

Vibrators.com Get the pleasure you crave and privacy you deserve. Use coupon "RB" save 10% at Vibrators.com

Lose Weight with Yoga. DVD's, trainings, conferences, apparel, mats. World's Largest Yoga School YOGAFIT.COM

GOD-GIFTED PSYCHIC ALENA Reunites Lovers Permanently Solves All Problems Guaranteed Free Reading 1-877-516-1114

STAND STRONG - code:bodytone YOGASANDALS.COM 877-780-6977

Reunites Lovers, Restores Happiness, 100% Accuracy Guaranteed, Complimentary Reading. ((Allison)) 281-846-6113

Psychic Consultant: Hurting? Worried? Confused? Searching? Lost in Love? 407-709-6469

GIRLS MEET GUYS
TOTALLY FREE
GIRLS CALL 1.800.316.6888
GUYS CALL 1.800.495.6665

Ladies FREE
Hot Sexy Talk!
1-800-507-TALK



SEED CREATIVITY

Adobe Youth Voices and The Peapod Foundation are providing underserved youth with the tools and skills for creative self-expression.

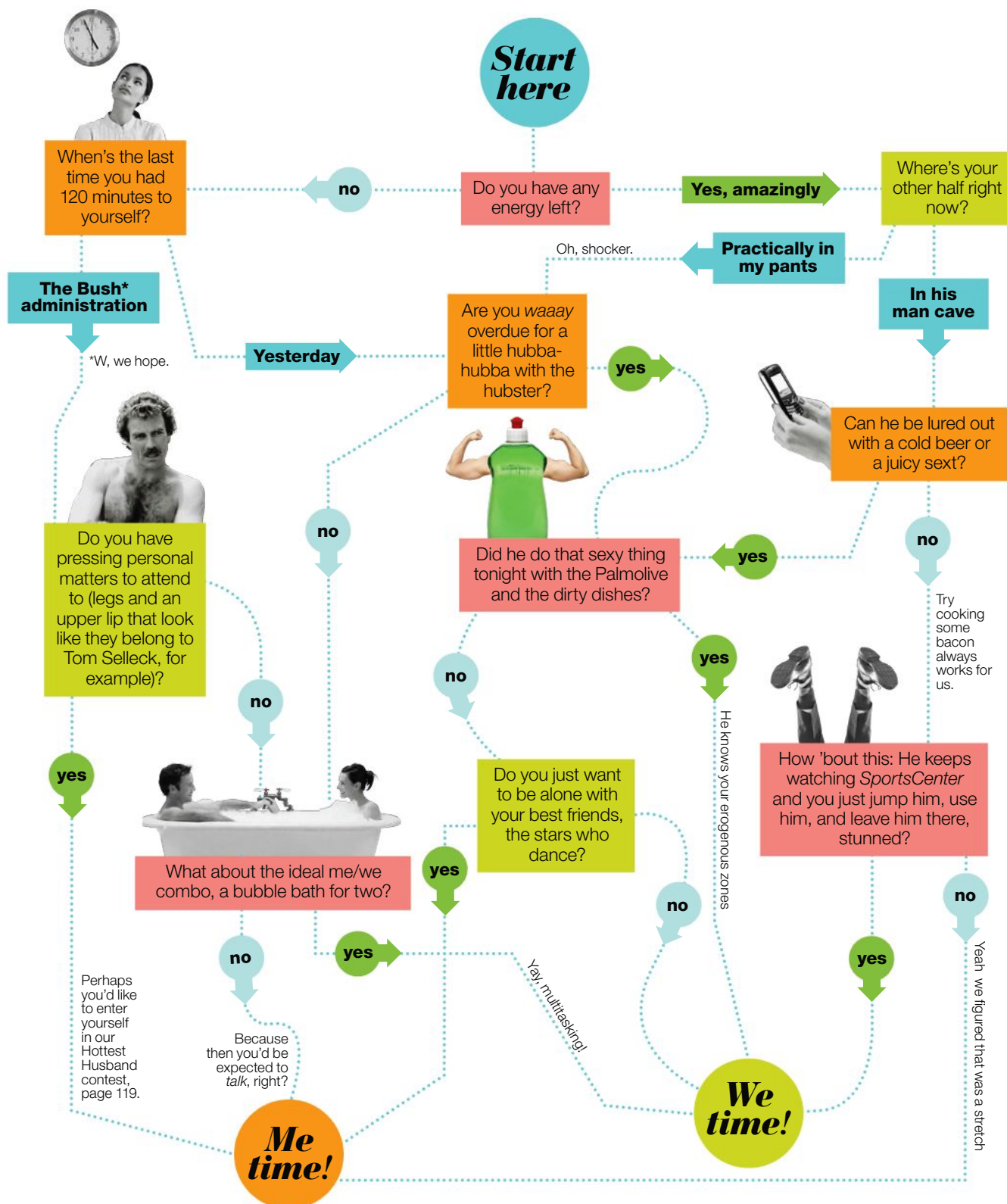
Get involved now at plantandinspire.org



Redbook Shopper Advertising
Contact: Michael Rohr
mrohr@hearst.com

Me time **or** we time?

End of day, kids are asleep: Do you opt for some well earned solitude, or a romp with your guy? Play on and see! By Melissa Daly



WOMAN: CAROLINE SCHIFF/GETTY IMAGES. SELLECK: GETTY IMAGES. ARMS: OKTAY ORTAKIOGLU/GETTY IMAGES. SOAP: ISTOCKPHOTO.COM. PHONE: TOONGA/GETTY IMAGES. BATH: ERIK SNYDER/GETTY IMAGES. LEGS: SPIDERSTOCK/GETTY IMAGES.



"Part of me is
extra virgin, but I
know exactly what
I'm doing."

Just ask the red wine vinegar, onion, garlic and lemon juice. A well-dressed salad should taste like real, all-natural ingredients because it's made with real, all-natural ingredients. Like ours. After all, shortcuts aren't really our thing, but then neither is bragging. That's why we prefer to

Let the food speak for itself.



www.newmansown.com

All Profits To Charity. Newman's Own Foundation continues Paul Newman's commitment to donate all profits to charity. Over \$300 million has been given to thousands of charities since 1982. Learn more about our mission at www.newmansownfoundation.org.



COVERGIRL®
& OLAY®

You want a miracle?
How about a 3 minute
facelift effect*!

©2011 F&G

SIMPLY AGELESS SERUM PRIMER AND FOUNDATION WITH OLAY REGENERIST SERUM

Two steps, one amazing result for your skin! First you smooth on the Serum Primer to prep your skin - it hydrates to help firm skin's appearance. Next, the foundation smoothes on to cover fine lines and wrinkles flawlessly... and wow! The results are so amazing everyone will wonder what you did!

Ellen DeGeneres looks simply amazing in Serum Primer plus Ivory foundation.

#1 Anti-Aging
Foundation**

*By firming skin's appearance with results not comparable to surgical procedures.**Based on independent data.

easy breezy beautiful COVERGIRL

STEP 1: APPLY
SERUM PRIMER

STEP 2: APPLY
FOUNDATION

